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what's good

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School daze

an intro to what's good **BY DON THALER, ST HOME 3 88**

College is about learning, right? You'll soon find out — if you haven't already — that not all of it happens in the classroom. To get the most out of your education in Vermont, you need to leave your cozy campus once in a while.

No doubt the res life staffers at your school do a great job letting you know about student dances, RA-sponsored shindigs and other school-sanctioned activities. But there's much more to life in Burlington than club meetings and floor gatherings.

So where do you go to find out about the good stuff in your new stomping grounds? *Seven Days* — Vermont's only alternative weekly newspaper — thought you might want some help with that. This summer, *Seven Days* teamed up with college students and recent graduates to produce *What's Good: The students' off-campus guide to Burlington*.

Consider this 96-page magazine your orientation guide to what lies beyond campus. Our editorial staff spent months compiling lots of things you might not know about life in the Green City (an admittedly lame nickname for Burlington — see p. 12). Inside, you'll find an intro to Vermont music, an entry to the local food scene, a list of important city

events and some suggestions for where to take your parents when they drop in.

So don't just spend the next four years playing effieball or Vils. Get out and enjoy Vermont while you can. Because it's easier to get into college here than it is to find a job that will pay you enough to stick around after you graduate. Hopefully, after reading this little book, you'll want to **wag**.



THE LAST IS GOOD STAFF PHOTOGRAPHS THAT THIRZ ARE A COOL GANG



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we know what's good



MIKE ORBASCO

Intern '20
Ohio Wesleyan
University '10

Five words of advice for students: Study hard but party harder.
Best thing about college: All the free food.
Worst thing about college: Hours.

SUZAN MCFOOLWALTER

Seven Days food critic '90
University of Vermont '04

Favorite food while in college: I love.
Five words of advice for students: Good food makes everything better.
Best thing about college: Studying at Oxford, Tea and Muddy Waters.
Worst thing about college: Not having a place to cook.

JON TARROW

Writer '20
St. Michael's College '08

Beverage of choice in college: Coors Light.
Five words of advice for students: Don't feel like expressing those.
Best thing about college: Wasting time.
Worst thing about college: Getting beriberi, sophomore year.

MISTRESS MAYNE

Seven Days Sexpert
(Did enough to know better)
School of Hard Knocks (Piercer) Woods that is

Five words of advice for students: Don't be stupid, use condoms.
Worst thing about college: Bush-beds.
Favorite class: Anatomy.

CATHY RESMER

Editor '20
Washington and Lee
University '97

Favorite TV show when you were in college: Minute Please.
Five words of advice for students: You won't remember your GPA.
Best thing about college: You don't know how hard real class is yet.

LOU ARMISTEAD

Wales Correspondent '20
University of Vermont '08

Beverage of choice in college: Chocolate Mocha.
Five words of advice for students: All professors are strange people.
Best thing about college: You can like totally stay out as long as you want.
Worst thing about college: RA's and police.

DAN ROLLES

Seven Days music editor '20
University of Vermont
(My whole band dropped out after a year)

Favorite food while in college: Leftovers.
Five words of advice for students: Don't be that guy/girl.
Best thing about college: Learning college.
Worst thing about college: College is so.

DON ESSERT

Creative Director '20
Middlebury College '99

Favorite food when you were in college: Pork.
Beverage of choice in college: Mountain Dew.
Five words of advice for students: Take an art/history class.

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Famous Firsts

high points in vermont history

Vermont is a small state, but sometimes we lead the nation. That's mainly because Vermonters have always valued equality and independence — and because we tend to attract free-thinkers who are ahead of their time. Here's a look back at some important milestones in our history. Missing from the list is one notable "last" — in 1996, after a long battle between developers and anti-sprawl activists, Vermont became the last state in the country to get a Wal-Mart **and**.



Vermont's constitution is the first in the nation to **outlaw slavery**. What took everyone else so long?

1777

1814

Ernest Willard opens the Middlebury Female Seminary, the **first institution of higher learning for women**. How women attended more on college campuses nationwide. Were they ahead of the competition?

1819

Capt. Abner Parkridge establishes Norwich University, the nation's **first private military college**, which offers the first and engineering course. Practical and independent.

1823



Wagon physician H. Nelson and his mechanic, Sewall Easton, become the **first people to drive a car across the country**, starting in San Francisco and ending in Burlington. And ending in Burlington. Judges embarked on the road trip to win a bet — there weren't a lot of roads back then. Here his car is on display at the Smithsonian.

1903



Alexander Twilight graduates from Middlebury College, becoming the **first African-American to receive a degree from an American college**. There's a building in Middlebury named after him.

Constance Northrup Bailey is the **first woman in the U.S. to be elected lieutenant governor**. This was before happen moved to Vermont, so she was a Republican.

1954

John Burton promotes use of the **first snowboards**. It wasn't the first snowboard, but it might as well have been.



1977



Martha Ravelle is appointed adjutant general, becoming the **first woman in the U.S. to lead a state National Guard**. In 2006, she ran as a Republican for Vermont's

long congressional seat and lost to Democrat Peter Welch.

1997

Harvard Dore signs a law legalizing civil unions, making Vermont the **first state to grant same-sex couples all the rights and privileges of marriage**. It was a big deal back then, and even today the state again now compared to gay marriage, it seems conservative.

2000



2006

Bernie Sanders becomes **first self-declared socialist elected to the U.S. Senate**.

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12

Don't know the Onion City from the Queen City? Think "The Northeast Kingdom" is a small Bosnian principality? Jacques Crow what a Redlander!

Use this handy-dandy cheat sheet to bolster your Vermont street cred — if it's possible to have street cred in a state with 8660 miles of unpaved roads. Study this list and you'll sound like a local in no time.

Anti-Billboard Laws Vermont looks different from neighboring states. That's because there are no billboards here — thanks to a landmark 1988 law championed by a forward-thinking Republican lawmaker. You're not in Kansas anymore.



Bernie started out as Burlington's disconscious mayor back in 1981; he won the election by just 10 votes! Now he's the only socialist senator in the U.S. Guaranteed you'll get goats' pimplets listening to him speak. But don't be star-struck. And don't call him "Sen. ear Sanders" if you bump into him on Church Street — Bernie will do

Cheese: This is what Vermonters call soft-serve ice cream.

Douglas Jim: If people tease you about going to school in "peppie liberal Vermont," point out that we've had a Republican governor since 2002, when Jim Douglas succeeded Howard Dean. It's not that Vermonters don't like Republicans. We just don't like George W. Bush.

Ethan Allen: In 1775, Allen and his Green Mountain Boys captured Fort Ticonderoga from the Brits, making them Revolutionary War heroes. After the war, he settled on a farm in Burlington and helped establish the state of Vermont. He's the most famous Vermonter ever, so many things are named after him, including a furniture company, a linen service, a motel, a firing range and a strip mall.

Fortlanders: This is what native Vermonters call all immigrants to the Green Mountain State — even if the newcomers are from Colorado.

Ginghast: The straight guy's nickname for Burlington refers to the town's alleged disproportionate number of cute girls. You'll likely hear it in the first warm days of spring, when the ladies shed their long underwear, fleece vests and Uggs. Women also use the term to lament the death of dukes.



House of LefMays: It's not actually a "house" — the LefMays are a cadre of comical drag queens hailing from the fictional town of Beaver Pond, Vermont. They often gussy up for good causes (see p. 20). Their latest campaign? A voter registration drive for "The League of Drag Queen Voters."

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Intant-Ranoff Voting: When Burlingtonians elect a new mayor, they put both their first and second choices on the ballot. Don't ask for an explanation of how this enhances the democratic process, but trust us, it does.

Jessie's Crow: Vermont has its own accent, and its own quiet expressions. This is one of them. It's reportedly an inoffensive way of saying "Jesus Christ."

Kiss, Bole: Burlington's quiet, self-effacing mayor was the first to be elected by "Instant-Ranoff Voting" — see our explanation above. Like most Vermont politicians, you can find him in the phone book.



Lake Champlain Champ: Hundreds of people have reportedly seen a large, dinosaur-type creature known as "Champ" swimming around in Lake Champlain. Is he related to "Nessie," the Loch Ness monster? Or is he a hoax to lure tourists? Only the cryptozoologists know for sure. Real or not, Champ is the mascot of a radio station, a beer wash, and Burlington's Single-A

baseball team — the Lake Monsters — among other august institutions.

McDonald's, Montpelier: Having a Big Mac attack? Don't bother looking for the golden arches in Montpelier. Vermont is the only state capital without a McDonald's. Burlington doesn't have one right now, either.

Northeast Kingdoms: Vermont's three northeasternmost counties — Orleans, Essex, and Caledonia — comprise the "Northeast Kingdom," so named by a former governor who proclaimed the region's natural beauty in a famous speech. There are plenty of trees in this desolate region — also mobile homes, 4-wheelers and snow. Not a lot of people or jobs, though. Like New York City, the Kingdom's a great place to visit, but living there is hard.

Olsen City: This is the most common nickname for Winooski, the small city across the river from B-town. Its Polish-sounding name actually comes from the Abenaki, the area's original Native American inhabitants. Winooski means "wild onion." Today the up-and-coming community is known for its Asian restaurants, cheap housing and its prominent — some say confusing — traffic soundabout. Local hipsters call this burg "Burlington's Brooklyn." (see p. 62)



PHOTO: VANCE TOWNELL

Petter Grace: Vermont's number-one singing starlet-in-training is the closest thing we have to a sex symbol, with pipes to die for and legs to match. Oh yeah, she also has a great band called The Nocturnish.

Queen City: No, this nickname for Burlington has nothing to do with civil unions. It's actually a fairly common moniker bestowed upon large port cities that dominate the economy in their states. So Chicago is also a Queen City — but those Windy City fixies came up with a better nickname. →

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Photo: Deborah Allen

Rusty "The Logger" DeWees: Imagine a Vermont version of Jeff Foxworthy. If there were such a thing as "state stand-up," Rusty DeWees, a.k.a. "The Logger," would be it. His real-Vermont persona is ever on the lookout for funny/folksy stories. His redneck humor, yes, but DeWees also happens to be an awesome storyteller. True to his stage name, he's also out.

Subaru: The Subaru is the unofficial state car. Why? Because it's got room for your skin, your dogs and your compost bucket. The all-wheel drive comes in handy during the winter. Plus, it's not an SUV.

Town Meeting Day: The first Tuesday in March is Town Meeting Day. That means state offices close and schools take the day off so citizens can gather to debate and vote on local issues. This tradition has been hailed as a model of the democratic process in action. But it's also a great excuse to party.

Urban Stonehenge: Just north of Burlington's Winotham Park, on the shore of Lake Champlain, is a jigsaw cluster of granite slabs. Why did the ancients place these stones just so? Actually, they didn't. A group of sculptors — led by the late great Paul Aeschensch — put 'em here in 1991, as part of the International Sculpture Symposium. There's no official title for this public art piece, but Burlington City Arts calls it "Mammi Sculpture," after the defunct Mammi electric generating plant next door.



Vermont Republic Second: Think secession is just a Southern thing? Think again. In 2003, a group of Vermonters launched a movement to break away from the United States and establish "The Second Vermont Republic." The first one lasted from 1777 to 1791, before we joined the union.

West Coast of New England: Burlington's new slogan — courtesy of the Lake Champlain Chamber of Commerce — yes, we're aware there's no ocean here.

Xbox 360 and J&K: Like your Xbox 360? The console was designed right here in Burlington, by Jager DiPaolo Kemp Design. They also work with Burton Snowboards, Nike and Patagonia. See p. 88.



XBOX 360

Yankee Ingenuity: You'll hear a lot about "independent-minded" Vermonters. That's code for stubborn, cranky, reserved — a.k.a. Yankee. But you've got four years to charm 'em. And it's worth it. Northern types are also known for their work ethic, thrift, resourcefulness and loyalty.

Zebra Mussels: Lake Champlain loses a lot better than it gains, boats and fishes. Vermont's largest body of water is beleaguered by phosphorus run-off from farms, invasive weeds and zebra mussels originally from Russia. The little suckers filter the water but also attach themselves to rocks, docks and intake pipes. They cut the crap out of your town, too. **mg**

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PHOTO: ANDREW JONES

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There's more to **what's good** than the book you're holding in your first little hands. Check out sevendaysut.com/vg for all the commentary, including videos by Lou Armstrong, USA 01.

Lou is a video correspondent for Seven Days — his satirical “Daily Show”-style series, “YouTube News,” debuted on our website last March. Since then he’s questioned Chelsea Clinton’s claimed maple syrup fix, and stuffed his face with as many creamees as he could find.

In a series of **what's good** videos, Lou attempts to impart some of the knowledge he gained during his four years here, answering questions such as “How can I like the freshman 15?” “Where do I find free stuff in this town?” and “Why do they call Montréal ‘the land the law forgot?’”

Lou describes his videos as “infotainment.” A Seven Days letter writer referred to one of them as “a sophomoric piece of garbage.” Who’s right? You decide. We think you’ll like him.

More Vids

Are you feeling “Chuck in Vermont?” Don’t be if

Check out Seven Days Staff videographer David Holmgren’s weekly “Chuck in Vermont” videos at sevendaysvt.com. Lou covers quirky events, and profiles local artists, musicians and outdoors. Watch a few and you may want to stick around, too.

Find more videos from Eva, Lou and other Seven Days video correspondents at

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Arguably the biggest sporting event in Montana, the U.S. Open Snowboarding Championship is a bonanza for a crowd. If you go only for the TV or video—long your stress on NBC March 26-27, Shakedown Mountain Resort, Sooty, this is a must. More info: 207 4000 or openusnsnowboarding.com

MUD SEASON

Fans of Dungeons and Dragons and physicist Richard Feynman won't want to miss this week's of quality fun. Last year they held a workshop on "Elfinist Hacking" followed by music from The Mathematics. (Feb-April), Kingston St. Cafe. Montclair area events here. More info: 201.964.7

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Winnipeg's capital city has its own role to play. Stick around after the fairs for discussions with Winnipeggers. March 20-22 covers Winnipeg's issues. \$12 substitute AG. More info: www.conservative.ca/winnipeg02

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SUMMER

[illegible]

More than 8000 runners compete in the Mammoth Day Hikeathon—there's a relay too, so you can join with your friends. Eventals just cheer on all the lovely guy-wearing nipple tops. **Mammoth Day Hikeathon 2009** approximates. As its due, free to watch. More info: 853-8412 or www.culivernccoc.com

WILLIAM E. STON *DEPARTMENT OF
HISTORICAL GEOGRAPHY*

Stuck around after graduation for this 10-day city-wide live music extravaganza. Big name acts play the Pyramid and the new shows on Church Street last until the wee hours. Plus, freelance over as you actually have time to party. *Life City—early June 2008*. Various Burlington-based, serious prices. **More info: 863-7562 or www.lifecitymusic.com**

[illegible]

And into the informal sector. As you're shopping on Church Street, strolling past open bookstalls, when suddenly, a group of heavily bearded men appears on the pedestrianized, and they're something about riding your bike. Hey, hey, hey, the words come pouring out—It's just Burlington's culture. Freedom, flow, they mean the Vermonters are not here. And of being alive and alive? There's a part. In the air, it's a beautiful. Dress in your best post-modern getup may join an army of the undead as they parade through downtown Burlington wrecking havoc. Do George Romero (evil). And you can recognize your costume for Halloween.



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10.1196/0890-8566.0000000000000000

Share your story with your friends and family. Shop shops give you control and a way for the kids to enjoy the springtime celebration with a huge cup of fun — hand up to the Ball on Church Street right after your race. It's free and fun. You're enjoying something great in your heart during your health run. April 2009, Church St., Charlotte, the Ball on Church Street. (404) 750-0000 or www.ballonchurch.com



Sounds Good

local music 101

SEE OUR BULLET BOARD SPOT MUSIC EVENTS

Mile for mile, few college towns can match Burlington in terms of sheer musical talent. And thanks to the next wave of future dropouts currently descending upon our fair hamlet, the next great band is but a failed poly sci class away. In the meantime, you'd be well advised to get acquainted with some of the area's better acts. Hey, it beats studying, right?

What follows is a sampling of the myriad musical options B-town has to offer. Its by no means comprehensive, but the fun of seeing live music in and around Burlington is taking a flyer on a band you've never heard of and using those experiences to connect your own dots. So use this guide as a starting point on your road to musical discovery and sleeping through 8 a.m. classes. And welcome to Burlington Rock City **mgf**



ROCK

The Vanderpolys

thevanderpolys.com

Few live acts match the intensity and sheer sophomoric tomfoolery of The Vanderpolys (formerly "The Jinx Gups"), a longtime staple of the Burlington rock scene. From witty audience-depressing banter and hysterical film shorts to outlandish onstage hi-jinx, a night with this rollicking quartet is not just a show, it's an event. But to dismiss Herb Moss, Frank and Maarten — he's the shy one — as a mere gimmick would be a mistake. These hipsters have class. And loud guitars. And tight pants. Really tight pants.

REEL

Superguns: The MC's, men in tight pants

UNDER THE SUN? TRY THIS

- In Memory of Phobos myspace.com/inmemoryofphobos
- The Case: Bass myspace.com/basscase
- Swine: swineorg.com



HIP-HOP

The Axiact

myspace.com/theaxiact

Vermont's vibrant hip-hop scene may defy demographic logic. But you'll find the Green Mountains are full of surprises. Hip-hop is alive and well in the S&Z and features a dazzling array of turntablists, MCs, graffiti artists and B-boys. And the cream of the crop is undoubtedly The Axiact. Pro, Lassic and DJ Kig Kat compose the triad most

formidable freestyling trio and have graced the *Sevens* (year-end Top Ten Album list for the last two years running). And that's what's up.

PICT

(recommended if you like) This Called Quest: Black Sheep oversized clothing

STAYED THE HOTTEST THING

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- GTO myspace.com/gto1990
- S.I.N. myspace.com/sinatlanta

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JAM-REGGAE FUNK-ROCK- FUSION-ETC.

Japhy Ryder
japhyryder.com

For better or worse, Berlin goes music will always be synonymous with Funk and groove-oriented jams. Though the Phat Phour is no more, they left behind a breeding pool teeming with heavily laced — and hyphenated genre hybrids — eager to shake minds and shake bodies. Of the numerous auditory options available, few are as entrenched in the scene as Burlington's Japhy Ryder. The band's 2008 sophomore release *No Consequence* solidified their place as the reigning jeters of jam in the Queen City, and their live shows are quickly becoming legendary throughout the Northwest. Jam on, indeed.

WINE

Unpleasant Molasses, rose, dark berries

LIKED THIS? TRY THIS:

- Best But: myapine.com/butbest
- Teacide: teacide.com
- Pulse Prostate: pulseprostate.com



INDIE

The Cuck
thecuck.com

In recent years, Burlington's indie-rock and experimental music scene has arguably become the city's sonic calling card. Of all the bands delighting the black-rem bespectacled hipster set, none is so revered as the mind-bending space-rock outfit The Cuck. Fueled by the husband-and-wife song-writing team of Benita and Gabrielle Douglas, this arty trio trades in beautifully expansive soundscapes rooted in immaculate, hook-laden pop song craft. Whether as a full electrified ensemble or a more intimate acoustic duo, this band is simply one of Burlington's finest.

WINE

My Bloody Valentine, Maple 3, black rinded plums

LIKED THIS? TRY THIS:

- Ryan Power: rynpower.org
- The Sirens: sirens.com
- Rose (Best Band): rynpower.com/rosebestband/



SINGER SONGWRITER

Lowell Thompson
lowellthompson.com

Alt-country troubadour Lowell Thompson might be the hardest-working songwriter in Vermont. Whether he's at the Higher Ground Ballroom or playing more intimate settings such as the cozy 1/2 Lounge, hardly a week goes by that this gifted crooner isn't breaking hearts in one local honky-tonk or another. Over the years, he has crafted a shimmering high-lonesome sound rooted in classic 1970s country-rock, peppered with healthy nods to modern torchballers such as The Jayhawks and Old 97's. Whiskey is highly recommended.

WINE

Green Fennel, Ryan Adams, a tear in your beer

LIKED THIS? TRY THIS:

- Faddy Flanagan: faddyflanagan.com/
- Justin Saxon: saxonsound.com/justinsaxon/
- Arvo Mägiel: arvomagiel.com

Looking for a crash course in local music?

We'll introduce you to some of our favorites at "What's Good? Burlington Band Showcases" at Nectar's/Club Microphone on Sept. 12. For info, see www.djagut.com/beg.



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The "X" Factor

fun if you're under 21

BY KIM BECKSTEDT + JON TAYLOR



CLUBBY BEING AT WAREHOUSE LOBBY

Contrary to what you may have heard about college, it's not all about getting your trunk on. Don't get involved with that action until you turn legal. You definitely don't want the campus po-po on your back. Fortunately for you, drinking in city apartments isn't the only thing to do on weekends. So get your all-ages party hats on and watch your ass — knowledge is about to be dropped. Here's our list of the best 18+ spots in the surrounding area. There's something for everyone here. The part-past-aficionado and indie hipsters in your life will be glad they know you. **WJ**



THE 18+ AT 100%

242 MAIN

242 Main St., Burlington, MA 05404

This substance-free live music venue is popular with the hardcore crowd, but it also hosts more mainstream and indie. Think S.U.C. Punk meets Dead Poets Society in the form of a nightclub.

BROADCHURCH BINGO

135 Broad Acres, Colchester, MA 01510

Bingo isn't just for church groups and oldies at 135. Play the door for \$14 — a lot which

goes to charity — and get as many bonus cards as your clouters can handle. Broadchur guarantees at least \$150 in jackpot cash each game. That's a hell of a lot of Benes.

CLUB METRONOME

180 Main St., Burlington, MA 05404

Are you a Pitch Fren? Not and you're needed at this venue above Metronome, site of the band's first bar gig. Occasionally Metronome has live nights, so go when you can. You'll want to be well-served in the

WJ

FIRST-YEAR ORIENTATION

WHAT'S GOOD

Making new friends.

WHAT'S BAD

Reeling them during icebreaker games.

what's good 7 Bands of Burlington Showcase

Thursday, September 18 • Nectar's/Metromoma
Both Floors 8pm-2am 18+ • See page 74 for details

SEEKINGOUT.COM/UG

local music scene, and this is the place to get your feet wet.

COOLER TEA

80 Church St., Burlington, 855-2424

Think football bar without the football. Sit in the pillow pits — if you can — and order from the novel-ated menu. When you're ready to order, ring the bell. You might feel weirdly impetuous, but don't worry — the waitstaff is used to it. If you're not ready, though, they need to kick it up before walking into the cool bar room (pictured at left; see p.28). 640

HIGHER GROUND

1214 Williston Rd., S. Burlington, 852-6777

This top-of-the-line music venue is the place to hear whatever music you pledge allegiance to. Looking for local gems? Check out the upstairs Showcase Lounge. Asking for big name artists? Head to the Main Room. (see p.76)

PIZZA PUTT

1286 Airport Parkway, S. Burlington, 863-7888

After a week of late and early, a sign of liver tap and mini-golf at Pizza Putt will remain: you'll have simple life issues a each gender. Armed with the coupons available at puttputt.com, you'll get lunch and one game of mini-golf and liver tap for under 20 bucks. Sweet (pictured this page; see p.40). 700

MERRILL'S ROXY CINEMAS

222 College St., Burlington, 864 FILM

Catch mainstream and art house flicks at The Roxy, a movie theater with a top of classier (and middle arm) roof. Use your student discount to its fullest and see as many indie flicks as possible.



Be sure to admire the awesome orange-themed profits on the College Street side on your way out. (see p.68)

MUDDY WATERS

184 Main St., Burlington, 858-8460

Get your regulars at this funky wood-worked coffee house. If people-watching is your thing, grab a drink, sit by the window, and let the characters of Burlington entertain you. If you're with friends, sit in the open area towards the back. The art and music in there are as good as the grub.

RADIO BEAN

8 North Williston Ave., Burlington, 860-6346

This cozy, bohemian hole-in-the-wall is a great place to kill a few hours or get lost in conversation. The eclectic decor includes a bed-spriggyne holder and a chandelier of old radios. If you're lucky, there might be a few folk

singing instruments outside, too. (see p.76)

VERMONT FROST LEAVES

Memorial Auditorium, 250 Main St., Burlington, 524-7956. Games begin

from November to March.

This is our semi-pro basketball team, and believe it or not, they're actually pretty good. They were ABA champs in 2007 and 2008, before switching to the Premier Basketball League for the 2009 season. They're named for the bumps that appear on Vermont roads in the springtime. But don't head there against them.

TANKIE LANES

215 Lower Mallett Ave. Dr., Colchester, 855-2120

Recruit a group of your friends to dress up and/or beer to flunkies. Lanes for some seriously hilarious prom-style, proxy bowling. www.tankielanes.com

THANKSGIVING BREAK

WANT TO GO?

Seeing how everyone has changed.

WANT TO GO?

Everyone has changed.



Tastes Good

off-campus meal plans

BY SUGARME FISCHHAUER
GEMMA DAVIS FOOD EDITOR

23

Hungry? You've got a lot of options in Vermont.

There's much more to local cuisine than five-for-one deals on Ramen noodles at Price Chopper or chicken-tender night at the dining hall. The Burlington area boasts a booming food scene, complete with year-round farmers' markets, award-winning restaurants and awesome artisan products.

On a Budget?
Check out the
CHEAP EATS
directory...

p. 64

Like cheese, Vermont's got 34 artisan cheesemakers, the highest number per-capita in the country. Translation: Our cheese rocks. Our dairy experts handcraft cow, goat, sheep and water buffalo yogurts, cheeses and butters, many of which have won national awards. We've got lots of handmade jams, pickles, ice cream, granola and freshly brewed root beer. Minus

Weather permitting, fresh produce is plentiful here,

too. Burlington's home to a nationally known collection of urban organic farms known as the Intervale.

It used to be a municipal dump, but was turned into farmland in the 1980s. Now

ON A DATE



There's nothing sweeter than swooning over shared plates with your favorite hottie. In Burlington, one of the best places to do it is **The Green Room**. The restaurant offers small and medium plates as well as traditional entrees, so you can mix and match to your heart's content. Lobster risotto, smoked duck quesadillas and Black Angus sliders? Yeah, baby. Eat in the dining room or sink into a comfy chair in the lounge. (See p. 70)

Also try:

- **Trattoria Della:** Cozy downtown location, excellent service and classic Italian fare add up to romance.
- **Azules House:** Cannocle over male rolls or ashiwara on a busy Burlington corner. Seafood's an aphrodisiac, you know.
- **Debra's Bar:** Burlington's Bohemian bar house with funny staffers, 70+ loose-leaf teas and sweet treats to nibble on. (See p. 23-64)
- **Chef's Corner:** Date went well, so far? End the evening on a good note, with eggs Benedict and lemon tarts in Williston.

breakfast • lunch
dinner • brunch • desserts



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the area on the banks of the Winooski River produces 10 percent of the city's food. You'll find products from the intervals (and other local farms) at grocery stores, and at the Burlington Farmers' Market, which is weekly during the summer and monthly in winter. Here in Vermont, we've even got a special name for people who try to eat mostly foods grown nearby — **localvore**. Why eat local? Think about shipping products cross-country with current gas prices. Ouch. And there's that global warming thing, too.

The greater Burlington area also boasts plenty of places to eat, from greasy spoons to gourmet spots. We've listed our recommendations for where to chow down if your folks are in town or if you're on a date.

As you're chowing on our recommendations, keep these things in mind:

1. From time to time, it's good to **expand your culinary horizons**. Try a veggie, type of seafood or cuisine you've never had before — by now you've learned that your parents don't know it all, and that goes for food, too.
2. **Cheap isn't everything**. Sometimes it's worth saving up, dressing up and eating somewhere nice.
3. **What you eat is important**. Your choices affect your health and the local economy, so think before you bite. **wg!**

WITH YOUR FOLKS



Also try:

- **Men of the Wood at the Grist Mill**: Vermont products and award-winning, young chefs in Whitebury "Narf" and
- **A Single Pebble**: Authentic Chinese. No, really. Try the mock ool and the dry-fried green beans.
- **The Bearded Frog**: Upscale pub fare and creative comfort food that runs the gamut from soft to flinty mages in Shelburne.
- **American Flatbread** - Burlington Hearth: Like pizza, but happier. Toppings are local and super-fresh.

WHEN YOU'VE GOT A \$18 BILL AND WANT SOMETHING AWESOME

At **Big Fatty's BBQ** on Main Street, the beef brisket looked better and collard greens are stellar, but the smoked chicken is to-die-for. And it's the only place in town where you can eat at an actual pig trough. Please note: If you're a vegan and you show up here, you'll be in for some... um... ribbing (see p. 70).



Also try:

- **New World Tortilla**: A couple of UVM grads own this burrito bar in Burlington and Essex. Don't miss the Thai chicken wrap with peanut ginger sauce and slaw (see p. 70).
- **Pho anything**: Four Vietnamese restaurants — **Pho Dang**, **Pho Hong**, **Vietnam Restaurant** and **Hi-Saison** — offer big, inexpensive bowls of pho, a hearty noodle soup (see p. 72).
- **The Skinny Pancake**: Crips heaven on the Burlington Waterfront. The "Love Maker" features Nutella, strawberries and whipped cream (see p. 64, 70).
- **Sadie Katz Deli/Cafeteria**: Get your pastime on downtown at the area's only Jewish deli. Thinklox, latkes and liver (see p. 68).



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DEEM RECIPE

Miso-Baked Potatoes

Baked beans are a tasty treat — and they're easy to make if you've got a microwave.

Wash, baking potato and pat dry in several places with a towel. Microwave for 4 minutes.

Flip over and bake for another 4

minutes. Your treat. If it's still hard in spots, it's not done, so throw it back in. (Don't microwave a potato as an all-time. Some take longer than others.)

When your potato is cooked, split it lengthwise and try some of these topping options.



- Loads of butter, salt and pepper
- Sauce as above, but with sour cream, too
- Shredded cheddar cheese and steamed broccoli (steamed from the dining hall)
- Any other kind of cheese (try Parmesan or even one of Vermont's famous artisan varieties)
- Bacon
- Eggs and sausage
- Leftovers. Think barbecued pork or chicken, turkey and gravy or chili.

If you add cheese or another cold topping, you might want to make it main.

SHOULDN'T YOU BE SLEEPING?

At **Junior's Downtown** — the Burlington offshoot of a successful Colchester restaurant — you can order up everything from meaty Italian subs to vegetarian Mediterranean pizzas to salads and cannoli. Open until 3 a.m. on Friday and Saturday nights (see p. 68).



In Burlington, also try:

- **Nectar's** Pulled pork sandwiches, juicy burgers and famous gassy fries until 2:30 a.m. (see p. 76, 30)
- **Country Kart Deli (KOD)** The city's hottest spot for nighttime nosh is known for its hot and cold sandwiches (see p. 66)
- **Kevin's Wicked Mountain Dogs** Satisfy late-night cravings with a Hebrew National dog 'n' bun or an Italian sausage with peppers and onions
- **City Market** It's only open 'til 11, but until then, it's a one-stop-shop for soda, chips, cookies and chocolate-y goodness (see p. 61)

OTHER PICKS

- **Tastee's** Asian food featuring organic ingredients. They do dim sum lunches, too, on lower Church Street
- **Mexicali** The fresh salsa bar is a hot ticket item at this south-of-the-border resto, located near the Music 10 movie theater in Williston
- **They Think** Get in line for tasty Thai at one of two locations on Main Street in Winooski or near the movie theater in the Essex Shoppes & Cinema. BYOB (see p. 72)
- **Scoffer Steak & Ale House** A local Church Street staple that's big with the sports fans. There's steak and seafood aplenty (and lots of beer, too, if you're 21+)
- **Callahan's Pub** "Happy Hour" brings wings in a variety of flavors, and other casual pub fare. Plus free parking near the waterfront
- **Tilly's Café** Fresh seafood served up all kinds of ways, from spicy tuna rolls to coconut shrimp. Lots of gluten-free items and vegetarian entrees, too
- **The Alchemist** This bit of a dive, but the Waterbury locale's menu is bursting with satisfying pub fare — try the sausage plate or the red beans 'n' rice — and beer brewed in-house (see p. 44)
- **On the Rice Bakery** A vegetarian brunch-dinner's dream come true — and Richmond is just far enough outside of Burlington to feel like an adventure
- **Leudy's Café & Bistrot** Unbeatable location on the corner of Church and College, awesome music and a creative menu (see p. 76)

The Scuffer

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Daring Dorm Décor

where to find the good stuff

BY JOH TAYLOR



ARTWORK 50 and up

Steno: 104 Church St., Burlington, 802-2160

Don't plaster those bland walls with tacky pictures from "The Hills." Pick up some style: prints from Steno. Nothing says "I'm an individual" like a \$52 poster of a monkey wearing headphones.

COUCH 35 and up

Recycle North: 245 Pine St., Burlington, 800-4143

Problem: small dorms come with nowhere to sit. Solution: loft the beds and opt for low couches for underneath. Recycle North has plenty of sets for cheap.



PAPER LANTERNS 10-15
Homeport: 52 Church St., Burlington, 802-4844

Paper lanterns light up — and dress up — your room. And they beat the hell out of fluorescent bulbs.

Plain ol' boring dorm rooms are no fun. What's so lame about blank walls, muggy floors and air all clumped? But with the right accessories, even these hopelessly bland institutional settings can seem cozy and comfortable.

Here's a list of essential items from local stores that will jazz up your living space — and help keep you and your pad looking neat and tidy. Snag a few of these things and people may actually want to hang out in your room. Make it nice enough and they might let that Zac Efron poster slide.

TAPESTRIES 100 and up

Peace and Justice Dealer: 21 Church St., Burlington, 802-2345

A classic dorm room staple — use tapestries to cover your windows during those incredibly bright days of spring. You'll wake up to an array of spectacular colors.

THROW RUGS 50 and up

Urban Outfitters: 41 Church St., Burlington, 802-6133

You can't get rid of your decades-old carpeting, but you can spill it up a little. You don't have to look as old school as those old rooms.

BAMPER STICKERS 10 and up

Peace and Justice Dealer: 21 Church St., Burlington, 802-2345

Looking for a simple, effective way to express your feelings about peace and hot trade? These stickers work (just for bumper's anyone). Tape them to your desk or your door.

STUFFED JESUS 10 and up
Steno: 104 Church St., Burlington, 802-2160

Adorn your desk with a stuffed messiah. Think Jesus should have had a frosted or slicked-back look? Style his hair any which way you want. Halloween!





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Goodwill

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USEFUL STUFF

BATHROBE \$100

May's RT Clergy St., Burlington, 863-3000

Be prepared for the freshen 'n' 15 — plan to cover up your fuddy-puddy with a luxurious bathrobe. You'll be extremely comfortable and let's face it, you'll look like an absolute badass while you dry off.

CLOTHES RACK \$14.99

Mayport 52 Church St., Burlington, 863-4644

Doing laundry is a drag all around, so why not make it a little cheaper? Save money, and the planet, by airing your laundry out after a wash.

MINI IRONING BOARD AND IRON \$11.99/\$14.99

Mayport 52 Church St., Burlington, 863-4644

Sweaters are really comfortable, but you're not going to wear them to an internship interview the holiday ball. Or you should, anyway. Get an ironing board to straighten out those wrinkled clothes.

LAUNDRY BAG \$20.99

Mayport 52 Church St., Burlington, 863-4644

Forget baskets — laundry bags are the way to go. They store well, and it's easier to throw 'em in your car when you bring your dirty clothes home.



WHERE ELSE TO SHOP

BURLINGTON FURNITURE 384 Pine St., Burlington, 862-5050 Furniture, etc.

THE BEEM GALLERY 125 Main St., Burlington, 862-8954 Glass, paintings and art.

FULL THING 100 Church St. #A, Burlington, 862-8285 Local glass, only shop.

GARDNER'S SUPPLY 660 3305, 136 Lonsdale Rd., Burlington, 432 Marshall Ave., Wilkes-Horseshoe lighting, water gardening supplies.

ANTIQUITY'S COLLECTIVE 304 N. Wisconsin Ave., Burlington, 862-3024 Furniture, bookshelves, odd-and-ends.

KISS THE COOR 72 Church St., Burlington, 866-404 KISS Cuddly tees and gear.

NORTHERN LIGHTS 75 Main St., Burlington, 864-8585 Glass and accessories.

SILVER MAPLE COUTURE 125 St. Paul St., Burlington, 862-8123 Dresses and stuff.





Kitchen basics checklist for your apartment:



- | | |
|-----------------|--------------|
| • Bottle Opener | • Kettle |
| • Can Opener | • Mug |
| • Coffee Press | • Oven Mitt |
| • Cutting Board | • Shaker |
| • Dish Rack | • Spade |
| • Rotisserie | • Toaster |
| • Glass | • Wine Glass |

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Get Out!

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BY JOE BLOOM

STOWEE MOUNTAIN LODGE
MOUNTAIN LODGE, 40
STOWE MOUNTAIN SPA

Your last class ends at 1 p.m. on Friday and your hometown honey is due for a visit. You want to show her a good time, but the only thing on the student activities calendar is a *Planet of the Apes* movie marathon.

So... unless your lady friend digs monkey love, you need to split. But where do you take a date in this town? Clearly not where you go with your parents, buds from back home or unruly dorm mates.

Below you'll find a list of tried and true escape routes to suit each of these scenarios. It's not a comprehensive list, but it's a start. And it beats the hell out of bad sex.

WITH YOUR FRIENDS

Pizza Pals

1225 Airport Parkway, South Burlington
(802) 862-7000

Mini-golf, batting cages and an extensive arcade should be enough to get you and your roommates over to Pizza Pals. If that doesn't do it, the \$4 all-you-can-eat pizza on Mondays will. It's way better than cafeteria food. And your school probably doesn't have a sweet Laser Tag arena (see p. 27, 30).

Spa Day

It isn't cheap, but neither is college. After finals, or some other special occasion, gather up the girls for a day at any one of Stowe's

stellar spas. In addition to facials, massages and pedicures, they offer numerous special treatments such as the "Wildflower Wrap" and "Sugar Scrub." Guys like it, too.

- **StoweLake Resort and Spa** (pictured this page): 1744 Mountain Rd., Stowe, 253-7355
- **Stowe Mountain Lodge**: 7412 Mountain Rd., Stowe, 253-3540
- **Topnotch Resort & Spa**: 4000 Mountain Rd., Stowe, 450-2567
- **More spas on p. 84.**

Thunder Road

Quincy Hill, Bane, 244-6963

Like fast cars? Find a friend with a minivan, pack it with people, and take a trip to Thunder Road Speedbowl in Central Vermont. Even Vermont liberals like to see stock cars tear up the retro quarter-mile asphalt track. And Bane races — literally. It calls itself "The Granite Capital of the World."

Sunset Drive-In

Route 126, Colchester, 862-1800

In the fall and spring, this outdoor multiplex screens back-to-back features late into the night. Show up at dusk with some chairs, popcorn and bug spray. Even bad movies look good from this vantage point. Get there early for movie-park.

STOWEE MOUNTAIN LODGE: JEFFREY M. HARRIS



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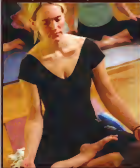
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Montreal, Canada

Awesome fact: Montreal is only about two hours from Burlington and offers amenities that Vermont doesn't. And there's more to the French-Canadian city than strip clubs, casinos and a lower drinking age — like food markets, great shopping and massive "fries of winter." Check out the "orchid room" at the botanical gardens. Whatever you do, bring your passport.

- **Montreal Museum of Fine Arts**
1380 Sherbrooke St. West,
Montreal, Quebec 1-800-879-
MUSE
- **Jean Talon Market** 7075 Casgrain
Ave., Montreal, Quebec 514-377-
1588
- **Montreal Botanical Garden** 4101 Rue
Sherbrooke Est., Montreal, Quebec 514-
873-1400

WITH YOUR FRIENDS FROM HOME

Magic Hat Brewery

5 Bartlett Bay Rd., South Burlington, 688-2739

Going to a brewery when you're inside cage may seem like an exercise in frustration, but not at Magic Hat's otherworldly Antifactory. The guided tour is not just entertaining; it leads you through the process of brewing Vermont's best-known beer. If you're of age, make sure to do a "light-to-dark" with your pals, which begins with Magic Hat's lightest beer on tap and ends with their heaviest brew. Your strong friendship will be reinforced with plenty of hops.

Skiing & Hiking

What's going to lure your homese north in the dead of winter? Fresh powder. Everybody's been out West, where the weather is great and the trails are wide, but no one is a real skier until they've braved the blustering winds of the East. So challenge your friends to do VT. Our trails are thin, steep and gnarly. Check out the Outdoor directory on page 58 for the sweetest slopes and get ready to sled!



Whale Tails

Located along I-89, South Burlington

If your non-Vermonters friends drove up on I-89, it's a safe bet they'll be asking, "What the hell were those things on the side of the highway?" They're talking about the whale tails, officially titled "Reverends," a granite sculpture by Vermont artist Jim Serdones. Bring your posse out there and let them see it for themselves. Take some pics and put 'em on Facebook. Because nothing says 'Vermont like a picture of weird, random public art.

- 1 Drive past the Ben & Jerry's office on Community Dr. in S. Burlington
- 2 There's a small pull-off as the road starts to curve
- 3 Pull over in that area and look over to the tails

Mount Philo

State Park Rd., Route 7, Chelmsford 475-2390

So you've got some outdoorsy friends and some less adventurous flatlanders coming to see you. Mt. Philo is the perfect spot to bring 'em both. The woody folks can walk up the 966-ft. mountain and the others can drive up the road that winds up the side. Either way, everyone will get to the top, where great views await of Lake Champlain, the Adirondacks and the surrounding countryside. Bring blankets and food to make a day of it. They'll never ask again, "Why'd you pick Vermont?" (see p 58)

There's this hidden spot

In the glades where someone turned a fallen tree into a killer rail. I found it on a powder morning that justified skipping class, so I call it the Ditch. It's one of those places that's so perfect, you want to tell all your friends. But then again, it's so perfect, you don't.



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WITH YOUR SIGNIFICANT OTHER



Firehouse Gallery

135 Church St., Burlington, 865-7166

It used to be a firehouse, now it's a cutting-edge art gallery. We can't guarantee that you'll understand the high-brow conceptual installations, but hey, at least it's free. Bring your date here before dinner — it'll give you something to talk about while you eat. Local artist Dug Naf (pictured above) sells his wares on the gallery's back patio during the Saturday Art Market in the summertime (see p. 62).

FlynnSpace

153 Main St., Burlington, 862-86-FOYNN

Even if you're not big into performing arts, the FlynnSpace is a neat place to see theater, dance or music, since you're never more than 30 feet from the action. But the intimate seating arrangement isn't the only reason to go — you'll see innovative interpretations of both popular and obscure productions at the basement black-box venue (see p. 78).

Lake Champlain Waterfront

1 College St., Burlington, 865-7247

Burlington is famous for Adirondack sunsets, and the swings along the waterfront boardwalk are positioned for prime viewing. Smooching, too. If you want to get closer, go up to the second floor of the Burlington Boardwalk. Got money? A sunset cruise on the Spirit of Ethan Allen is the perfect way to launch a great date night (see p. 62).

Day trip to Waterbury and Stowe

Take Exit 10 off I-89, go north on Route 100. Nothing like an eating adventure to bring you closer together. There's free cheese and chocolate at the Cabot Annex and Lake Champlain Chocolates place on the left as you head north on Route 100. Drive further down the road and you'll find the Cold Hollow Cider Mill, home to delicious cider and famous cider donuts. Grab an espresso drink at the Stowe Coffee House and check out the cute shops in downtown Stowe. On your way back, stop by the Ben & Jerry's factory for a tour and a free scoop. If you're still got room after all that, The Alchemist brew pub in downtown Waterbury makes a mean burger and fried pickles. Great beer, too.

- Cabot Annex, Route 100, Waterbury, 344-6394
- Lake Champlain Chocolates, Route 100, Waterbury, 341-4150
- Cold Hollow Cider Mill, 3600 Waterbury-Stowe Road, Waterbury Center, 327-7537
- Stowe Coffee House, 578 Mountain Road, Stowe, 252-2189
- Ben & Jerry's, Route 100, Waterbury, 866-1300
- The Alchemist, 23 South Main Street, Waterbury, 344-4120 (see p. 32)



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"The Drowsy
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k.d. lang

Tosmani Diabate's
Symmetric Orchestra

Chick Corea &
John McLaughlin
Five Peace Band

"The 25th Annual
Putnam County
Spelling Bee"

Shakespeare's "Henry V"

"Sing Sing"

Photo: Hubbard Street Dance
by Todd Rounberg



view complete season: www.flynncenter.org
153 Main Street, Burlington, VT • 802-86-FLYNN



teeth into The Factory — on Burlington's Pine Street — offers tours. Or you can just watch chocolatiers make tasty confections through a window that looks down on the factory floor. Did we mention the free samples?

Wineies

Vermont doesn't look like California's Napa Valley, but it does have a growing number of vineyards. They're not concentrated in one area, though, so a "wine tour" takes some time.

Snow Farm is a great excuse to

visit the Champlain Islands. Boyden Family Winery is on the way to Smugglers' Notch, just opened Shelburne Vineyards is close to Burlington. Snow doesn't have a vineyard yet, but Snow Farm Tasting Center and The Grand View Tasting Room are within a few miles of each other, so it's easy to visit both. Just to be on the safe side, plan on driving your folks back to the hotel.

- Shelburne Vineyards: 6308 Shelburne Rd., Shelburne, 865-8222
- Snow Farm Vineyard: 190 West Shore Rd., South Hero, 372-WINE
- Boyden Valley Winery: 70 Vermont Route 104, Junction 15 & 104, Cambridge, 644-6751
- Snow Farm Tasting Center: 2652 Waterbury-Shore Road, Waterbury Center, 244-6334
- Grand View Winery Tasting Room: Route 105, Waterbury Center, Cold Hollow Cider Mill, 486-7012

Shopping on Church Street, Burlington

Strolling down Church Street never gets old. You've got restaurants, bookstores, a mall and quirky boutiques all in one spot. If it's nice out, you might see some street performers or a protest march. If you're still struggling with that last class of the day, send the hants up there by themselves. It's just one street, so it's hard to get lost, even for them. **my**

WITH YOUR PARENTS

Shelburne Farms

1677 Harbor Rd., Shelburne, 985-8696
Heavily, this is where your parents stay when they visit — it's the closest thing to a castle in Vermont. On the "grounds" you'll find spectacular barns — some of which are nice enough to get married in — as well as a dairy bakery and cheese-making operation. Shelburne Farms is only open in the summer and fall, so book a room for graduation now. You can't beat the food, especially if they're paying.

Shelburne Museum

5555 Shelburne Rd., Shelburne, 985-3343
You've gotta visit the Shelburne Museum at least once while you're here. The entrance fee is a little steep — that's where the parents come in — but it's totally worth it to see one of the nation's greatest collections of American folk art. The museum closes for the season on October 26, but go before that to see a valuing exhibit of paintings by Impressionist Mary Cassatt and a cool carousel installation. Yep, they've got a merry-go-round (see p. 82).

Lake Champlain Chocolate tour

750 Pine St., Burlington, 1-800-445-3909
Lake Champlain Chocolates is a local business success story. And, as with Ben & Jerry's, the product is one you can sink your



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Lake Champlain

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2. Higher Ground nightclub
3. University Mall
4. Flynn Center
5. Nectar's
6. Burlington Waterfront
Boathouse, BOHO Lake
Aquarium & Science Center,
Lake Champlain Sailing Center
7. King Street Ferry Dock
8. Seven Days office
9. Grayhound Bus station
10. Centedge Park
11. Red Rocks Park
12. Fletcher Allen Health Care
13. Centennial Baseball Field
14. County Fairgrounds
15. Unitarian Universalist Church
16. Luddy Park
17. North Beach
18. Burlington Bike Path

One Lightway to
MIDDLEBURY



TRANSPORTATION

Flyin' Hi

It's a little pricier to fly in and out of Burlington International Airport, but the convenience is worth the extra cost. The airport is mere minutes from most companies in the metro Burlington area. You can rent a car at the airport, but if you're getting in late and don't have a ride, plan to take a taxi. There's always one waiting in the cab queue-out front.

Airlines: JetBlue, Continental Express, Delta Connection, JetBlue Northwest Link, United and US Airways.

Non-stop service to: Baltimore, Cleveland, Newark, Pittsburgh, Phoenix, Cincinnati, New York City (LGA/Laguardia), Detroit, Detroit, Chicago, Washington, D.C. and Philadelphia.

Ridin' the Rails

Taking a train ride may seem a bit old-fashioned, but think of the cash you'll save getting home. Amtrak's Northeast routes a daily plunk through the Northeast Corridor in St. Albans and passes through New Hampshire, Massachusetts, Connecticut, New York, New Jersey (Pennsylvania and Delaware) ending at our nation's capital. The Essex Junction stop is only a short cab ride away from Burlington.

Traveling from Vermont to D.C. on the "Northeast" is not for the faint of heart—it takes a whopping 14 hours, when it's running on schedule. If you do go, bring your laptop and some DVDs for the ride down. Good news: The train has electrical outlets to charge up your battery.

More info: Call Amtrak at 1-800-USA-RAIL or visit them on the web at www.amtrak.com.

Biking in Burlington on

PAVED BIKE TRAILS IN BURLINGTON

- **Route 227 Path:** Connects the Old North End and New North End. Access at corner of Main Street and St. Louis St.
- **Riverside Ave. Path:** Connects Old North End and Winslow Access anywhere along Riverside Ave.
- **Burlington Lake Path:** Runs 7.6 miles along Lake Champlain from Oakledge Park at the entry to the mouth of the Winooski River. Keep going — you can pedal on the Island Line Trail all the way to the Colchester Community. A narrow old railroad track extends out into the lake, with water on both sides. Lots of access points near the lake.

CONCERN ABOUT BURLINGTON'S BIKE ROUTES?

Contact local Mayor — a nonprofit biking advocacy group at 1 Steele Street #100, Burlington 855-2453, www.burlington.org.

For more bike routes, see p. 54.

Driving Details

FREE DOWNTOWN PARKING

You get two hours free every day — and it's free on Sundays and holidays — on the following occasions: Marketplace Garage.

- Entrances on Bank St. and Cherry St.
- Burlington Town Center Entrances on Cherry St., Bank St. and Pine St.
- Lincolnton Lot, Next to Mayo's on Cherry St.

WINTER PARKING

It snows here. A lot. And when it does, you'll see yellow flashing lights along Burlington city streets. That means there's a parking lot. You'd better move your car to let the plow get through.

During a snow, parking is prohibited in residential areas from 10 p.m. to 7 a.m., and in downtown areas from midnight to 6 a.m. Vehicles in violation will be towed. If you're got more than \$40 in outstanding fines or previous winter parking violations, your ride will be taken to a garage until you pay up.

And if your car gets towed, good luck finding it. Wreckers drivers are asked to take the vehicle to the first available parking space, leave it and return for the ridehome. If your car goes missing on a snowy winter night, call the parking office at 855-2244 (ext. 345) to find out where it went.

In Winooski, you can't leave your car on any city street between midnight and 6 a.m. from December 1 to April 1. You'll get a ticket even on a warm night.

PARKING AND TOWING

The meters in Burlington run Monday-Saturday 8 a.m. to 6 p.m. Forget to put change in the meter?

Leave your car somewhere you shouldn't have? Hence what it'll cost you in Burlington:

- Meter violations: \$10
- Parking in a resident-only area: \$45
- Blocking sidewalk or greenbelt (area between curb and side walk): \$45
- Other violations: \$45
- Handcapped violations: \$100
- Parking ban or street closed to parking: \$95

If you get towed: The towing company charges \$27.50 to bring your rig to the storage yard and \$15 for each subsequent day.

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TRANSPORTATION

Call a Cab

There are a ton of cab companies in town, but beware — they'll all charge you a different amount for the same 2-mile trip downtown. Seven Days published "Fare Warning," an exposé of Burlington's taxi system, in June. Look it up online to learn more. A tip: Ask drivers to quote you a fare before they start driving.

These taxi companies accept CollegeCash Cards:

- Sweeney's Taxi / Mot Taxis: 862-3080
- Friendly Fare: 310-6602

Take the Bus

Need to get home for breakfast but can't afford to fly? Take the best Greyhound offers trips from Vermont to almost every state in the Union. The stations on Pine Street. It's a little out of the way, but you could conceivably walk it from UVM or Champlain.

Just for looks — look peevishly out the window as the bus pulls away. You'll feel like you're in *Almost Famous*.

Get Greyhound for less at 1-800-228-2222 or visit them on the web at www.greyhound.com.



Local Bus Routes

The Chittenden County Transportation Authority (CCTA) provides local bus service. All buses are free for UVM, Champlain and St. Michael's students, with valid student ID. There's no bus service on New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. You'll probably be at home anyway. Check the CCTA website — www.ccta.org — for detailed schedule information, or call 864-CCTA.

These are the routes you'll want to remember (all colors correspond to the CCTA's maps)

1

UNIVERSITY MALL / AIRPORT

Travels from downtown to the airport and Dorset St. area. This route runs every half hour until 6 p.m. during the week. After 6, bring your iPod. It's an hour wait. M-F: 6:15 a.m. – 10:21 p.m. Sat: 6:15 a.m. – 8:06 p.m. Sun, 6:45 a.m. to 6:35 p.m.

2

ESSEX JUNCTION

Travels from SMC to Burlington's Cherry St. station. Connects downtown to Williston route, which goes through S. Burlington. Runs every 15 minutes from 6 a.m. to 9 a.m. and 3:30 p.m. to 6 p.m. During midday, night-time and weekends, the wait varies from 30 minutes to an hour. Be careful if you're taking a train into Essex Junction — on Saturdays, the route skips the train station stop after 7:55 p.m. and Fort Green Allen between 6:30 p.m. and 8:30 p.m. M-W-F: 6 a.m. – 10:35 p.m. Sat: 6 a.m. – 12:10 a.m. Sun: 6:44 a.m. to 12:10 p.m.

3

CITY LOOP

Travels around the perimeter of downtown Burlington through Champlain College. Runs every 30 minutes — every 15 between 7:35 a.m. and 9:15 a.m. Mon-Fri: 6:45 a.m. – 9:45 p.m. Sat: 6:45 a.m. – 6:40 p.m.

9

EVERSIDE / WINDSOR RJ

Watch out on this route — it skips the last three blocks stops: 650 Barlow, Tegen Street, Elm & Wash between 8:30 a.m. and 11:30 a.m. during the week. On Saturdays, it doesn't even show up there until 12:30 p.m. M-W-F: 6:45 a.m. – 11:45 p.m. Sat: 6:15 a.m. – 6:35 p.m.

11

FREE COLLEGE ST SHUTTLE

From UVM/Fletcher Allen Hospital up and down College St. Runs every 15 minutes between 7:15 a.m. to 6 p.m. It's half an hour at other times. Mon-Fri: 6:15 a.m. – 7:15 a.m. per hour, 6:15 a.m. to 9 p.m. from Memorial Day to Columbus Day. Sat-Sun: 9 a.m. to 9 p.m. Memorial Day through Columbus Day.

MOUNTAIN TRANSIT SPINNER PLACE CHAMPLAIN COLLEGE SHUTTLE

Between Champlain College and Spinner Place. Catch the shuttle every 15 minutes between 6:45 a.m. and 3:10 p.m. — otherwise you'll be waiting for half an hour. M-W-F: 7 a.m. – 9 p.m. Th-Fr: 7 a.m. – 3 a.m. Sat: 6 a.m. – 12:10 a.m.



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* The above type B2B is valid if the following is not meeting minimum price

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Figure 1

www.VTECU.ORG 888.252.4202

THE GREAT OUTDOORS

Outdoor Stores

There's a crazy number of outdoor outfitters in the Burlington area. After your first winter, it will make perfect sense.

ALPINE SHOP

1184 Williston Rd., South Burlington, 862-2714
This family-owned sports and fitness shop offers year-round ski lease up — and it looks like a Swiss ski chalet. They have a second store in Middlebury.

BURTON FLASH UP STORE

60 Industrial Parkway, Burlington, 866-1200
Located inside Burton's international headquarters in Burlington, this is the spot for snowboard gear and Burton apparel. Check out the Board Museum, and keep your eyes open for owner Jeff.

CLIMB HIGH

101 Bank St., Burlington, 862-0000
Swiss mountaineer Marcel owns this downtown skiing, climbing and hiking shop. You'll find a wide selection of gear and apparel here.

EASTERN MOUNTAIN SPORTS (EMS)

100 Dorset St., South Burlington, 864-6413
No gear? No problem. Ask about rentals — they have liquidated snowboards, sleeping bags and more. College students with a student ID receive a 15% discount.

NORTH STAR SPORTS

100 Main St., Burlington, 862-3632
Don't know anything about assembling and tuning up a new bike? North Star will help you get your ride on.

Petra Cliff Climbing suggests that "Smugglers' Hatch is the 'Mecca of the east' for bouldering!"



OLD SPOKES HOME

322 N. Winooski Avenue, Burlington, 862-6475
Looking for a vintage ride? Old Spokes tunes anything with two wheels, including old bikes.

OUTDOOR GEAR EXCHANGE (OGE)

152 Cherry St., Burlington, 862-6190
Thrasher place to go if you're looking for a good deal. OGE carries discounted new, recycled, reusable gear.

ROCKY HIGH

2 Pearl St., Burlington, 866-6187
Skiwear and longboards stock up at this groovy corner shop.

SKI RACE

85 Main St., Burlington, 866-2313
SkiSports Industries of America calls this the #1 ski shop in New England. It's also a mountain bike shop. Members of the UVM Ski & Snowboard Club receive discounts gear round.

THE NORTH FACE STORE & KL SPORT

210 College St., Burlington, 862-6600
Locally owned and operated by KL Sport, this authorized North Face Summit Dealer is a one-stop shop for your outdoor gear needs — it's also the largest one in Vermont.

Climbing

It isn't Yosemite, but Vermont — and the nearby Adirondacks — offers some great rock and ice climbing. There's an indoor option, too, that doesn't require mittens.

PETRA CLIFFS

105 Irving St., Burlington, 862-3872

This indoor climbing gym offers a variety of routes ranging from 5-5 to 5-13. If you don't know what that means, look up for an introductory lesson.

Biking

Vermont is a biker's paradise: The landscape is varied — you'll have crossing covered bridges — and there's not too much traffic. It's even better off the road.

LOCAL MOTION

1 State St. #100, Burlington, 862-2653, www.localmotion.org
This non-profit group is the rallying when it comes to biking through the Green Mountain State. Check out their website, associate trail map. Or call em with questions.

CATAMOUNT OUTDOOR FAMILY CENTER

502 Sov. Enterprise Rd., Williston, 875-6600
Don't let the "family" in the title keep you away from the 500-acre spread on the outskirts of Burlington. Come here for biking, cross-country skiing and running.

Area mom, Climb High suggests a trip to Lower West Station for climbing close to town. Says Alex, "You'll find easy access to the site, a well-maintained area and fun people."

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THE GREAT OUTDOORS

Biking Local

HINESBURG TOWN FOREST

Concord Rd., Hinesburg

Looking for an uphill battle?

Hinesburg's 437-acre town forest is loaded with steep climbs and tricky trails for even the most rugged wilderness buffs.



When mountain biking is your thing, Head at Hines recommends tackling up Hinesburg Town Forest for plenty of trails at any difficulty. It's classic Vermont, if you say.

INTERLAKES

100 Interlakes Rd., Burlington, 888-6440

In Burlington's urban food park, hiking and biking trails wind along the Winooski River to the Chan Allen Homestead.

ISLAND LINE BIKE TRAIL

This 12-mile trail runs along Lake Champlain from Colchester Park all the way to the Colchester causeway, a narrow old railroad that extends 3 miles into the lake with water on both sides. In the summer, a bike ferry connects you to the Champlain Islands. Contact local Moon for details.

KINGDOM TRAILS

Route 114 E., East Burke, 828-6732

It's a bit of a drive, but the Northeast Kingdom mountain biking network is worth the trip.

For a good day hike, try Mt. Mansfield for classic trails on part of Vermont's Long Trail, says Adam from DGB. On the trail you'll be on the tallest peak in Vermont, and in one of the state's three alone zones.

Get Armstrong on with it. "The best mountain biking in the U.S."

MILLSTONE HILL

402 Waterbury Rd., East Burke, 475-1600

Another destination area, the Bike Touring Center at Millstone Hill in East Burke maintains a 40-plus-mile network of bike trails — both challenging singletrack and more modest to cruisy — that circle dozens of old granite quarries and "good" pine lookouts.

Hiking/Backpacking

You probably won't have time to hike the entire 270-mile Long Trail, which extends from Vermont's southern border with Massachusetts to Canada. But the oldest hiking trail in the U.S. is accessible from every road that crosses the Green Mountains. Marked by white blazes, it's a little harder to find in winter.

CARLE'S HUMP

Approach from Burlington

Vermont founder Ira Allen initially named this distinctive 2500-foot mountain "Carle's Hump" in the late 1700s. From the Hartington side, you can go up to the top and make it back to town in time for dinner.

GREEN MOUNTAIN CLUB

4311 Waterbury Street Rd., Waterbury Center, 244-7607

Vermont's premier hiking/skiing group takes care of the Long Trail and most of the peaks that

lead to it. If you're looking for maps, advice or a loan to the GMC is the place to start.

LOCAL MOTION

1 Steele St. #103, Burlington, 888-2463, www.burlington.org Local Motion doesn't just support biking and hiking — they get behind walking, too. They're a great source for information on local trails.

MT. ABRAHAM

Approach from the State to Shop Rd. At just over 4000 feet, Mt. Abraham is one of Vermont's tallest peaks. Along with Mt. Ellen, it's on the section of Long Trail between the Appalachians and Lincoln peaks. An easier approach is via a side trail in the town of Lincoln.

MT. MANSFIELD

Approach from Underhill State Park From a distance, Vermont's tallest peak resembles a human face. But you'll notice steep rocks, tight crevices and even scree slides as you pass over the "Forehead," "Nose" and "Chin." It's a long, strenuous hike up the popular Sunset Ridge Trail.

MT. PHILIP

State Park Rd., Route 3, Danville, 405-2300

Mt. Philip's perfect high-altitude locale for picnics with friends — your less-adventurous buds can dine up the 1600-ft. peak. Open from Memorial Day/Weekend until October 15 every year. Great views and wildflowers just below the top (see p. 42).

SNAKE MOUNTAIN

Mountain Rd., Vergennes, 876-1584

Located on the Adirondack Highway, town line, Snake Mountain is a leisurely hike any time of year. Don't forget to go before you go — there are no facilities at the summit.

SKIRACK

85 Main St. Burlington, Vermont • www.skirack.com • (802) 638-3313



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Snow Sports

Embrace winter, or the alternative is cursing it. Nothing lets you seize the season like a pass to one of Vermont's many alpine ski areas. Or strap on a-country skis — or snowshoes — and just get out in the misty woods.



SKIER: KYLE FRANKLIN/STEWART

ALPINE OPTIONS:

ADIRONDACK

465 Hotel St., Brownsville,
800-243-8011

This traditional resort caters to the basics — conditions are best after a big snowfall.

BEAR CREEK

Rt. 180, Plymouth, 432-4242
You have to be a member to ski here. It's like a country club, but with snow.

BOLTON VALLEY

4380 Bolton Valley Access
St., Bolton, 434-3444
Come to town, but still a nice escape into the Greens, with night-skiing Wednesday through Saturday.

BROMLEY

Rt. 16, Manchester Ctr., 404-3523
This down-hill Southern Vermont mountain has 45 trails, most of them easy or intermediate.

BURKE MOUNTAIN

225 Starbuck Lodge Rd., East
Burke, 1-888-BURKEBT
Get good vertical at this mountain home to famed Olympian alpine racer Gabe Mountain Academy.

COCHRAN'S SKI AREA

Cochran Rd., Rutland, 434-2478
There's a lot bunny hills for beginners and kids.

ICE PEAK

4850 VT Route 242, Jay, 888-2811
Find lots of fresh powder, great glades, and terrific tree-skiing. But bundle up — it's really cold.

KILLINGTON

4763 Killington Rd.,
Killington, 433-6000
It's huge and full of terrain. Go for a week and you won't get bored of it. Enjoy the steep.

MAD RIVER GLEN

Rt. 17, Westfield, 404-3556
So its expert terrain "if you can," is the slogan goes, but leave your snowboard at home. No boards allowed.

MAGIC MOUNTAIN

455 Magic Mountain Access
Rd., Londonderry, 824-5045
The Mad River Glen of the South — lots of engineered natural snow and other gnarly stuff. Hit it right after it snows.

MIDDLEBURY SNOW BOWL

Rt. 125, Middlebury, 344-4306
Not as crazy as it seems — the college-oriented Snow Bowl has some of the best slopes around. The Mad alpine skiers hang here.

If you're experienced, Kyle from the Alpine Shop says check out the out-of-bounds skiing at Stowe and the back bowls at Smugglers' Notch. Says Kyle: "You'll find speed out in deep, away from the tourists."



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THE GREAT OUTDOORS

ALPINE OPTIONS (cont.)

MOUNT SNOW

30 Mount Snow Rd., West
Brom, (800) 245-8800

This full-service resort has tons of lifts and trails. Also, tons of tourists from Boston and NYC.

NORTH EAST SLIPPER

10007 Rt. Rt. 25, Dart
Conch, (418) 5799

This wilderness resort has 21 trails boasts the steepest rope tow in the U.S.

GRAND MOUNTAIN RESORT

37 Glens Ridge Rd.,
Lafayette, (208) 4041

Find great groomers and great lodging at the mountaintop village.

PECO MOUNTAIN

4763 Kallagras Rd.,
Kallagras, (402) 3333

All around the fun, family-friendly mountain lead back to the scenic base area.

Paul from CMC bag gets the Mammoth trail in Camel's Hump for backcountry skiing with open glades.

SMUGGLER'S NOTCH RESORT

4323 VT Rt. 100 South,
Smuggler's Notch, (844) 8821

This neighborhood resort is relatively inexpensive and its got a great base in park.

STOWE

5781 Woodson Rd., Stowe,
(800) 253-4754

The "Three Four" runs are understated, steep and gnarly. So the bag traveling without in the morning to beat the rush and catch the rising sun — if you can afford a lift ticket.

STRATTON

5 Village Lodge Rd., Stratton
Mountain, (203) 2200

They groom every trail to

condure perfection at this wide resort — you'll see it applied in the price of a lift ticket.

SUGARBUSH

1440 Sugarbush Access Rd.,
Warren, (800) 52-5688

Sugarbush boasts varied terrain and lots of lifts and 64 not overly-crowded. Plus, it's pretty close to Burlington.

SUICIDE SIX

14 The Green, Woodstock,
(857) 6861

Thermaria is the most dramatic aspect of the maple mountain.

X-COUNTRY & SNOWSHOE OPTIONS

BLUEBERRY HILL

878 S. Barker, (247) 4336

BLUEBERRY LAKE

424 Robinson Rd.,
Warren, (858) 6867

BOLTON VALLEY XC

4300 Bolton Valley Access
Rd., Bolton, (434) 3444

BURKE XC/NOBODY TRAILS

223 Starbuck Lodge Road,
East Burke, (826) 6737

CATAMOUNT FAMILY CENTER

1622 Commerce Catherine
Rd., Whitton, (820) 8801

CRAFTSBURY OUTDOOR CENTER

525 Lost Nation Rd., Craftsbury
Common, (844) 7263

HAVER'S NOTCH

Rt. 26 E, Montgomery Center,
(208) 4750

HIGHLAND LODGE & XC CENTER

1608 Cadybury Rd.,
Greenboro, (203) 2647

JAY PEAK

4850 Rt. 242, Jay, (888) 2611

MORSE FARM XC CENTER

1188 County Rd., Westfield,
(800) 223-6880

MOUNTAIN MEADOWS XC AREA

200 Thundering Brook Rd.,
Burlington, (735) 7077

MOUNTAIN TOP INN & RESORT

155 Mountain Top Rd.,
Dorchester, (603) 3311

GRAND VALLEY Nordic CENTER

77 Glens Ridge Rd., Lafayette,
(208) 4040

OLE'S CROSS COUNTRY CENTER

Woodfield, (408) 3438

WHEAT TOURING CENTER

Rt. 125, Middlebury College,
Middlebury, (443) 5800

SLEEPY HOLLOW INN AND GOLF CENTER

1680 Sleepy Hollow Rd.,
Huntington, (434) 2283

SMUGGLER'S NOTCH CROSS COUNTRY

4323 VT Rt. 100 South,
Smuggler's Notch, (844) 1173

STOWE XC

5781 Woodson Rd., Stowe,
(203) 3488

STRATTON MOUNTAIN Nordic

5 Village Lodge Rd., Stratton
Mountain, (203) 4114

TRAPP FAMILY LODGE XC CENTER

200 Trapp Hill Rd., Stowe,
(203) 8511

THREE STALLION INN TOURING

453 Stock Farm Road,
Burlington, (735) 9554

Slidding

Looking for downhill action on your Mad River Rocket — or your battered inner tube, or cheap plastic sled? Check out Seven Days' Slidding Hillside Guide. Find a link at sevendaysvt.com/wg.

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are leading the charge toward more affordable
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skier and rider.

THE GREAT OUTDOORS

Ice Skating

LEDDY PARK
318 Leddy Park Rd.,
Burlington, 802-7328

C. DON BLAS CHAIRS ARENA
600 Swift Dr., Essex
Burlington, 802-6677

ESSEX JUNCTION SKATING
2 Education Dr., Essex
Jct., 878-1264

Parks We ♥

NORTH BEACH
60 Institute Rd., Burlington
This is the best place to have a beachfront BBQ. Absentee you can treat a dip in Lake Champlain — unless it's too cold.

WATERFRONT PARK
1 College St., Burlington, 802-7047
While take-left food is freebie down by the water, or bring your food and study. There's a skate park, too (see p. 46).

LEDDY PARK
318 Leddy Park Rd., Burlington, 802-7328
The indoor ice rink is the crown jewel of this city park. And they've got tennis courts, picnic areas, baseball diamonds, a boat launch, a beach and hiking trails, too.

DAKESIDE PARK
Faxon Ave., Burlington
Hike and picnic here, or go for a swim. They've got a volleyball court, too. And a handicapped accessible playground.

RED ROCKS PARK
Central Ave., S. Burlington, 804-6168
Swim, hike, or kick your dog at the gorgeous waterfront park. Leave your bike at home.

WINDSKI RIVERVALE
1 Main St., Winooski
Winooski's wind-sport boardwalk isn't quite as exciting as Burlington's, but it's a pleasant place to wander after breakfast at Breaker's (see p. 46).



Work Out! (Inside)

ALL AMERICAN FITNESS & TANNING
1802 Williston Rd.
S. Burlington, 802-3008

ATHLETIC CLUB OF VERMONT
63 Pearl St., Essex
Junction, 288-9612

BODY RESOLUTION
2000 Williston Rd., Suite 82,
S. Burlington, 658-5800

CORE STUDIO
491 Pine St., Suite 108,
Burlington, 802-8586

ESPIRE
12 Gregory Dr., #2
S. Burlington, 809-8806

THE FITNESS CENTER DOWNTOWN
29 Church St., Burlington
681-8073

FITNESS OPTIONS
1050 Waterbury Rd.
S. Burlington, 802-4848

LADIES WORKOUT EXPRESS
1227 North Ave., #23
Burlington, 802-5500

ON TRACK HEALTH & FITNESS
1 Main St., Suite 100A
Burlington, 802-2326

PLANET FITNESS
• 30 Canterbury Dr., #7
S. Burlington, 802-8010
• 27 River Rd., Essex Junction,
879-5480

THE RENAISSANCE
• 905 Rousevelt Highway, Suite
100, Colchester, 801-8131
• 80 Hawthorne St.
Williston, VT, 878-6000

SPORTS & FITNESS EDGE
• 4 Morse Dr., Essex
879-7734 ext. 1
• 4 South Dr., Essex
879-7734 ext. 2
• 70 Eastwood Dr.,
S. Burlington, 658-0900
• 942 West Town Drive, #1,
S. Burlington, 658-0908
• 515 Mt. Mansfield Dr.
Williston, 800-2343

THE WOODEN HILL HEALTH CLUB
30 West Canal St., Suite 2
Winooski, 655-2399

YOUR PERSONAL BEST FITNESS
4050 Williston Rd.,
S. Burlington, 658-1545

GREATER BURLINGTON YMCA
• 206 College St.,
Burlington, 802-9022
• 32 Main St.,
Winooski, 655-9522

PHOTO: DAVID COOPER

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FOR A COMPLETE LIST OF RESTAURANTS OFFERED IN THIS SECTION, VISIT OUR WEBSITE AT WWW.BURLINGTONPHOTOGRAPHY.COM

Looking for a place to show down on a limited budget?

Here's a list of affordable restaurants in and around Burlington. There's nothing high-end here — just good grub and lots of it. Parents in town? See Food Editor Suzanne Pacheco's pricier suggestions on page 28.

Rise & Shine

BAGEL MARKET

30 Essex Village Dr., Essex Junction, 875-2616

Bagel Market opens early — 6 a.m. — which makes it popular among parents. 🍞

BRUGGER'S BAGEL BAKERY

63 Church St., Burlington, 648-1955

Brugger's isn't chain, but its bread has been in Burlington. Get quick coffee, soups and sandwiches on bagels baked fresh all day. 🍞

BURLINGTON BAGEL BAKERY

552 Shelburne Rd.,

S. Burlington, 844-6266

Burlington's original bagel shop cooks up more than 35 types of bagels, including mango and roasted red pepper. 🍞

DOUGH BOY'S BAKERY & COFFEE SHOP

85 Pearl St., Burlington, 658-1425

This neighborhood diner serves up comfort food Tuesday through Sunday. The adjoining bakery sells homemade doughnuts, pies and pastries by the dozen. 🍞

GRAT HARVEST

382 Free St., Burlington, 648-3735

Choose from breakfast pastries and eight varieties of bread made with fresh milled whole-grain flour. Tasty. They give you a free slice just for walking in the door. 🍞

HANDY'S LUNCH

34 Maple St., Burlington, 644-6863

You won't find any bounds at this family-owned, no-holds-barred-and-lunch place. It's a popular with politicians and UVM jocks. 🍞

HENRY'S DINER

125 Bank St., Burlington, 863-6816

This historic Queen City diner still serves breakfast all-day and offers home-cooked dishes in a cozy retro atmosphere. 🍞

LIDDEY'S DINER

46 High Street Center, Colchester, 455-6343

Like home? Liddy's is a great source of New England comfort food when you need it most. 🍞

MAGNOLIA BISTRO

1 Lawrence Lane, Burlington, 846-7446

Burlington's first certified "green" restaurant serves creative cuisine for breakfast and lunch. Go for the catfish pancakes, griddled burger or local duck sandwich. 🍞

MIRABELLA'S

154 Main St., Burlington, 658-3074

Daily lunch specials and homemade pastries characterize this Burlington bakery-café. Try the French toast or egg-and-cheese sandwich. 🍞

ORIGINAL PARKWAY DINER

1656 Williams St.,

S. Burlington, 651-4881

Open since 1955, this vintage diner fuses American and Greek cuisine — think spanakopita, gyro rice packing and meganeros. Breakfast served all day long. 🍞

PARADISO

263 North Winooski Ave., Burlington, 863-6276

Cafes are king at this neighborhood bakery that turns out breads, pizzas, muffins and quinoa — and, for lunch, savory stuffed croissants. Try the torts. 🍞

PENNY CLUBE CAFE

185 Cherry St., Burlington, 651-6634

This long time is a testament to the popularity of the breakfast and lunch place that serves some of the best food in town. It's a Burlington institution. 🍞

THE SKINNY PANCAKE

60 Lake St., Burlington, 548-6166

At this cafe, you can get yours with a sweet or savory filling. Try the "lovesake," which combines strawberries and Peaches. Consume loaves and love music. Thursday-Sunday 10 a.m. to 3 p.m. 🍞



Photo by Jeffery M. Smith

SNACKER'S BISTRO

26 Main St., Winooski, 455-5061

Snacker's is packed on the weekends, but it's worth the wait. Get there early on Sunday and another favorite: butter-dipped French toast with real Vermont maple syrup. That'll make you up. 🍞

Getting Duzzed

DOIRA TEA

80 Church St., Burlington, 651-2424

Because fanfare with Doria's teatime sized list of specialty teas. Try "Honeydew of France" — and be sure to sip the Bohemian spicy mugs in the Honey Lane 27-28.

Ignore this ad.



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FOR A COMPLETE LIST OF RESTAURANTS OUTSIDE BURLINGTON, VISIT WWW.BURLINGTONMAGAZINE.COM. CHECK OUT THE GREAT BARRINGTON CO-OP

Getting Buzzed

Local

▲ MUCKY WATERS

101 Main St., Burlington, 454-0444
Duffhouses abound in the Queen City, but there are none quite like this Friday hangout. If it's 15 different beers aren't your bag, go for a smoothie, a pint of beer, or a glass of wine (see p. 23) ☐

RADIO BEAM COFFEEHOUSE

8 S. Winooski Ave., Burlington, 658-6346
Nightly live music, a lot of light menus of salads, paninis, waffles, sweets and baked goods keep this hip local hangout hopping (see p. 27, 76) ☐

SAPA'S COFFEE AND TEA

5 Center St., Burlington, 331-4464
Sip small cups of rich Vietnamese coffee and boba-tea for as well as hot juices, smoothies and bubble tea. Sample chocolate truffles from Peru and other sweets, too ☐

SPEEDER & CARL'S

104 Church St., Burlington, 658-6438, 412 Pine St., Burlington, 658-6818
The full-cooked Ethiopian eater is great, but be warned — you might not sleep for a few days. Sit outside at the Church Street location, or bring your laptop to Pine Street and surf for free ☐

UNCOMMON GROUNDS

42 Church St., Burlington, 658-6257
By one of VT's many in-house roasted blends or chai lattes made from scratch. And they're got free wifi ☐

VIVA ESPRESSO

107 S. Winooski Ave., Burlington, 658-6862
This coffeehop is all Vermont, down to the organic whipped cream. Try the live music. Get it first if you don't like kids. Look up all this place (the name, cat) ☐

Deli Eats

BURLINGTON BAY MARKET & CAFE

125 Battery St., Burlington, 854-8150
When it's warm enough, you can choose cheddar, chicken, bagna and creamer on the deck overlooking the lake ☐

CHEESE BUTLET / FRESH MARKET

480 Pine St., Burlington, 653-3648
The cheeses are high end, but the sandwiches and baked goods are yummy — and cheap ☐

CITY MARKET

82 S. Winooski Ave., Burlington, 653-3656
There's more variety boards a wide selection of inexpensive take-out, including nachos. Ager and gluten free options abound (see p. 32) ☐

COBBLESTONE DELI AND CAFE

152 Battery St., Burlington, 855-3154
This specialty sandwich shop has the only dog-parking area in town. Drop in for a sandwich, salad or to sample the baked goods ☐

FOUR CORNERS OF THE EARTH

310 Pine St., Burlington, 657-3847
Try the Jamaican avocado Cuban pork or Japanese Lupa sandwiches. The owner also creates two dinner specials each night, one of which is vegetarian ☐

HEALTHY LIVING ORGANIC CAFE

222 Grand St., Burlington, 653-6548
Two extensive cold buffet and salad bar is all eggs (at). Try the West African yam and peanut stew or grab a panini sandwich ☐

KAMPUS KITCHEN

223 Cabotville Ave., Burlington, 653-5103
Check out this deli — perched between Winooski and UVM — if you're looking for inexpensive subs and hoagies ☐

▼ KENTRY KART DELI

125 Main St., Burlington, 654-8908
Open for 19 1/2 hours every day, KKD has some of the best late night food in town. Get the Roast N' Shiner — you'll never look back (see p. 32) ☐



OUTER SPACE

208 Flynn Ave., Burlington, 658-8326
This hip indie South End deli serves breakfast and lunch, and offers a dinner and live entertainment meal deal on Wednesday nights ☐

THE PINE ST. DELI

318 Flynn Ave., Burlington, 652-5814
It's a corner store, a deli and a source for Greek specialties such as gyros, baklava and pita. At lunch, Georgia meatloaf and the "Big Papa burger" try out the food ☐

RED DRAGON

140 1/2 Church St., Burlington, 653-2183
Try the legendary Red Dragon Sandwich — a combo of turkey, bacon, Gorgonzola, tomato, mayo and pickled Gyoza. Minimize ☐

ROONEY'S CAFE & DELI

173 College St., Burlington, 654-3547
Homemade soups, such as lentil, Thai cheddar, and seafood bisque sell out fast at this deli and cafe ☐



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Chicken Wing Platter



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So. Burlington, VT**

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← Deli Eats

SABIE KATZ DELICATESSEN
180 Bank St., Burlington, 864-5306
Burlington's new Jewish deli is all about traditional fines — including rounds of pastrami on rye and flat-top, all beef dogs with ketchup and mustard, chili soup (see p. 90) 🍷

STONE SOUP
211 College St., Burlington, 862-7818
Region-friendly Stone Soup boasts a hot bar, baked goods and a killer salad bar. It's a very popular lunch spot, and a restaurant and D.P.M. most nights 🍷

TOP OF THE BLOCK SANDWICH SHOPPE
2 Church St., Burlington, 860-8847
The proprietors roast their own lamb roasts at this to-go lunch spot. The pasties, muffins, cookies, soups and winter-time hot dishes are also homemade 🍷

VERMONT SANDWICH CO.
150 Dorset St., S. Burlington, 860-8872, 2 N. Winooski Ave., Burlington 851-1452
This local sandwich chain comes up with some interesting combos. Try the popular "Folks," with turkey, stuffing and cranberry sauce 🍷🍷

WAF'S WEST SIDE DELI
160 E. Allen St., Winooski, 855-0258
A favorite hangout of many BMQers, grab a sandwich and a beefy bowl of chili and stock a round of pool 🍷🍷

Italian/Pizza

BITE ME (opening soon)
451 St. Paul St., Burlington, 840-4307
Burlington's only organic pizza 🍷🍷

BOWE'S RESTAURANT
68 Pearl St., Burlington, 864-8853
This no-nonsense, family-owned eatery has an Art Deco wonder

The prices and portion sizes are old-fashioned, too. The lounge was recently featured on the Food Network 🍷

DINO'S PIZZA
Burlington Town Center, Burlington, 862-0815, 147 N. Winooski Ave., Burlington, 854-8058
This friendly pizzeria in the Burlington Town Center food court is known for its daily specials and super fast service 🍷🍷

DONNY'S NY PIZZA
22 Main St., Winooski, 855-7846
Pursue New York? You'll find right at home at Donny's. Try the chicken pesto pizza pie 🍷🍷

HOAGIE'S PIZZA & PASTA
112 Center St., Essex, 879-4534
Fresh, homemade Italian-inspired food and more customers, subs and pasta to pizza with 18 toppings

JANOR'S DOWNTOWN
136 Main St., Burlington, 862-1234
Get New York-style pizza, baked pasta dishes, Italian pastries and even cones of fresh bread. For a suburban drive-by, Janor's is Quaker (see p. 32) 🍷🍷

KENT'S PIZZA AND PUB
71 Church St., Burlington, 862-3325
No walk-down-town is complete without the smell of Kent's Pizza — the subterranean vents right onto Church Street 🍷

LEONARDO'S PIZZA
83 Pearl St., Burlington, 862-7700
Burlington's award-winning pizza delivery service has taken the pie sky high. Try the new "hot pesto chicken or" "four-cheese fusion" 🍷🍷🍷

MANHATTAN PIZZA & PUB
167 Main St., Burlington, 859-6776, 12 Railroad Ave., Essex Junction, 584-4866
Nothing beats all you can eat pizza and wings on Sundays and Thursdays. The pool tables are a plus 🍷🍷🍷

MAMA MIA PIZZERIA
578 Shelburne Rd., S. Burlington, 864-8427
Grab a slice of the White Garden pie and finish it off with some spumoni. Yum 🍷🍷

MIMMO'S PIZZERIA
4 Cornwell St., Essex Junction, 584-5484
Mimmo's packages fresh Italian food served by enthusiastic waitstaff. Try the pizza and pasta dishes or the special balsamic chicken salad 🍷🍷

MR. MICK'S
204 Main St., Burlington, 864-8032
College students flock to this late-night pizza place for gourmet pizzas to go — and stay awake games in the back room 🍷🍷

▼ **PAPA FRANK'S**
131 W. Center St., Winooski, 855-8403
Family-friendly and inexpensive, Papa Frank's has got some great pizza grub. You're gonna need more than one basket of the cheesy garlic bread. Order at least two for yourself 🍷🍷🍷



PHOTO: LARRY LANGE

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Italian/Pizza

PIZZA HUTT

1285 Airport Parkway,
S Burlington, 847-1818

On Monday, there's all-you-can-eat pizza. Minegolf and Laser tag are options every night (see p. 27) 🍕🍷

PURPLE KNIGHTS PIZZA & DELI

1081 College Parkway,
Colchester, 455-4545

Fight across from St. Mike's. Don't miss the dollar slices and 50-cent salads during lunch week 🍕🍷

Quick & Easy

AFRI BABA'S KABOB SHOP

182 Main St., Burlington, 842-3232

Looking for a nofrills go-to? Afri Baba's grilled chicken, plate with herb salad and sides will hit the spot 🍗🍷

AL'S FRENCH FRY

1251 Williams Rd.,
S Burlington, 843-8200

It's not only the best hand-cut fries in Chittenden County, but grilled-cheese sandwiches for \$3, too 🍷🍷

BARBARA WINGS CAFE AND PUB

1 Thorne Marketplace, Essex
Junction, 878-0752

This pub/cafe has big music and karaoke, and happens open twice the first Saturday of every month. Try the homemade clam chowder and chili 🍷

BOO BABY'S DELIVERY

177 Church St., Burlington, 843-6888

College students and bar hoppers look to this beer-Church Street location for late-night wings, pizza, and subs. Open til 3 a.m. They deliver. Ben & Jerry's, too 🍷🍷

BOO KITT'S BBQ

55 Main St., Burlington, 844-5543

At this well-described "in your face" BBQ joint, the slogan is "Put some South in your mouth." As in piles of pork and maple-glazed BBQ sauce (see p. 28) 🍷

BOLDOS

83 Church St., Burlington, 458-8771

Get burritos without the guilt at this non-chain, which features handmade mixed meats, organic, cultured brown rice on request 🍷

BREND Y SAND

213 College St., Burlington, 844-8880

Get fresh ingredients of your choice — including shrimp, barbecued salmon and ginkgo sprouts — in a wrap or a crapy quesadilla 🍷🍷

CHICKEN CHARLIE'S

1188 Williams Rd., South
Burlington, 842-1211

Far, wasted chicken and today-back about the same place — get here with some BBQ going 🍷🍷

HOOTERS

1706 Williams Rd., South
Burlington, 840-8658

Use it: Hooters. Famous for its wings and chicks. Apparently 🍷

INDIE'S SOUTHWEST GRILL

1158 Williams Rd., South
Burlington, 840-8500

Black is like Taco Bell's, much smarter and better side brother — the Jolly Bag of Bonuts with a healthy dose of chips and "Who is Kasey Carter?" is enough food for the whole weekend 🍷🍷

RECTORY'S

188 Main St., Burlington, 458-8771

Rectory's is known for local, mixed and famous going here that will keep you drooling. But they also serve BBQ (see p. 27, 28) 🍷

NEW ENGLAND WINGS

135 E. Allen St.,
Windsor, 455-8880

Get some hot wings and going here delivered after a long weekend of "studying" 🍷🍷

NEW ETHIC CAFE

280 North St., Burlington,
240-2518

Vegetarian eatery opening soon 🍷

NEW MOON

150 Cherry St., Burlington, 383-8305

Enjoy comfy couches under a chandelier as you munch on toasty-toasty sandwiches, salads and baked goods. Full express bar, too 🍷🍷

NEW WORLD TORTILLA

183 Pearl St., Essex Junction,
878-3888, 10 North Waterfront
Ave., Burlington, 845-1858

Fresh, original wraps make New World a true college love. There's one in the UVM (see Center box p. 20) 🍷🍷

NOTHING BUT NOODLES

158 Dorset St.,
S Burlington, 318-4888

In addition to pasta-dishes from around the globe — think beef, dragonfruit and pad thai — the menu features noodle-free ethnic items, such as Thai lettuce wraps. Greek salad andkung pao chicken 🍷

SHALIMAR OF INDIA

16 North Waterfront Ave.,
Burlington, 844-5883

The 17-25-Sunday brunch at this family-owned Indian restaurant is a great deal 🍷🍷

SUGARSNAP

505 Brimfield Ave.,
Burlington, 852-5822

Choose from freshly prepared salads, sandwiches and homemade soups at the take-out stop. Ready-made, 160-Pound dinners are also available 🍷

TOMMY'S CITY GRILL

588 Shelburne Rd.,
S Burlington, 852-8111

Mexican-American fusion cuisine in an upscale, fast-food setting. Try the spicy chicken burrito 🍷

WINGS OVER BURLINGTON

1500 Court St., S Burlington, 843-8414

The wings — made with fresh chicken — come in 22 flavors, from "wingy" to "afterburner" to the best-selling "Honky BBQ." There are more ribs and sandwiches, too 🍷🍷

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Asia Major

CHINA EXPRESS

30 North St., Burlington,
605-21-5511, 205-21-5511
605-21-5511

This take-out style restaurant sells a lot of fried dumplings and General Tso's chicken. The North Street location offers a brown rice option. (C)(D)(E)

DRUNKEN NOODLE HOUSE

5 Park St., Essex
junction, 205-64-6666

Looking for pad Thai, pad see ew or curry? Check out this Thai joint. (C)

FU DA CHINESE RESTAURANT

180 Pearl St., Burlington,
604-34-6533

You can't beat the hours — it's open every night until late. Vegetarians can create their own veggie combos. No lunch on Sundays. (C)(D)

KINAM'S CHINESE RESTAURANT

65 Patricia St., St.
Burlington, 605-64-7175

Serving all the Chinese classics from eggplant hurray to bean curd to Hung-Foo pork. (C)(D)(E)

MI SANGOM

370 St. Lawrence St.,
Burlington, 605-63-6363

Don't just focus on noodles at this Vietnamese-style eatery — the BBQ pork balls dipped in sweet chili sauce are a must-try. (see p. 30)

MIMI'S RESTAURANT

65 Mainway St.,
Colchester, 604-26-2828

Purchase discount phone-cards to receive Zodiac figurines along with your food and drink. (C)

ORION CHINESE CUISINE

5 Market St.,
St. Burlington, 608-34-6666

An unmatched Chinese buffet. Perfect for big groups and friends who'll share a soup-or-Bean. (C)(D)(E)

PHO DANG VIETNAMESE CAFE

215 Main St., Windsor, 605-67-6767

You can go with the Phở — a Vietnamese soup — or other noodle and rice dishes just a few blocks from downtown Windsor. Try the classics.

Phở Bít and the hot, in sweet coffee mixed with sweetened, condensed milk. (see p.30) (C)

PHO HONG

325 N. Windsor Ave.,
Burlington, 605-66-6551

Try the beef pho or the "happy pancake" — Vietnamese oil-puffed stuffed with shrimp, pork and onion. Vegetarians can get one with tofu. 605-66-6551 (see p.30) (C)



PHOTO: JEFFREY COOPER

THAI THAI

24 Main St., Windsor, 605-66-6666
21 Essex Way #214, Essex,
604-23-6666

There's always a line at this cozy little Thai restaurant on Windsor's Main Street. You know what that means. 605-66-6666 to this great date spot that won't break the bank. (see p. 32) (C)

Bars That Serve Meals

MCCIE'S PUB & GRILL

181 E. Main St., Windsor,
605-60-6044

McCie's pub-and-brunch fare is prepared by chefs trained at the nearby New England Culinary Institute. In other words, it's good. The bacon-cheeseburgers and fries are top-notch. (C)

SI RA IRISH PUB

133 Church St., Burlington,
608-64-6464

Think you're smart? Be proven wrong at Si Ra's Tuesday night Pub Quiz. Feel like dancing? Show up late night Saturday — there's usually a live DJ. (see p. 32) (C)

RUBEN JAMES

158 Main St., Burlington,
604-67-6444

It's a hot new wings and \$5 sandwiches Friday after 5. Oh, and lots of TVs. (see p.30) (C)(D)

UNWINDERS

Kinn College's Parking,
Colchester, 604-66-6666

Perched on the edge of St. Michael's College, this joint offers big Bull Hound, black, hot wings and pull-it-loose tickets. (C)

WINDMILL PUB & BREWERY

144 College St., Burlington,
605-65-6565

WFF's sandwiches and breakfasts has us down near smothered OJ age? Get the Irish Red Ale. (C)



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
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Live Music/DJ

CLUB METRONOME

100 Main St., Burlington, 802-454-3232
Club Metronome, located above Neder's, hosts loads of local bands. Get your groove on 80s style at Metronome every Saturday night (see p. 26).

THE GREEN ROOM

88 St. Paul St., Burlington, 802-644-6666

Whey after dinner, the upscale fusion restaurant transforms into a hotspot for chill house, downtempo and hip-hop spun by some of the area's best DJs (see p. 28).

HALVORSON'S UPSTREET CAFE

16 Church St., Burlington, 802-607-18

Acoustic American restaurant with occasional live music. Thursday nights feature "Friends of Joe," a rotating blues session tribute to late Burlington saxophone great Big Joe Zurell.

LEONARD BASTRO

115 Church St., Burlington, 802-325-6

The upscale French bistro has live, mellow jazz three nights a week, making it a perfect spot for a romantic dinner (see p. 32).

LINCOLN INN RESTAURANT AND TAPERY

4 Park St., Essex Junction, 878-3300

There's live music seven nights a week and an extensive food menu at the Fine Corners venue.

THE MONKEY HOUSE

30 Main St., Winooski, 802-454-3

The tinseltown-style venue for up-and-coming bands and an awesome place to have some drinks and a game.

PHOTO: ANDREW TROBEN



RADIO BEAN

Events such as Neder's and Higher Ground are the lifeblood of the Burlington music scene; the cozy Radio Bean nurtures its beating heart. Local bands from actually-pretty-good to negligible — and a few that haven't even been thought of yet — call the impossibly-eclectic coffee shop home. Though small in stature, "The Bean" is Burlington's arts epicenter, belied by music fans across generational lines. From hipsters to hipsters, preppers to punks, this is our musical melting pot.

NEDER'S

100 Main St., Burlington, 802-477-1

You can't say that you grew up in Burlington until you've been to the coffee "hangplace-of-foam" — the band, remember? There may be a cover on weekends or if you're unknown, but it's worth the cash (see p.32, 70).

PIAZZA

105 Pearl St., Burlington, 804-7617

This Thai restaurant has live music in both the main dining room and its plush "Acoustic Lounge." The latter is the best spot in town to enjoy a show away from the din of bar noise.

RADIO BEAN

8 W. Wisconsin Ave., Burlington, 802-534-6

Description above.

RADPUTN'S

143 Church St., Burlington, 804-622-

DJs play this popular coffee hangout live nights a week. Pod architecture entices anyone who doesn't feel like dancing.

81 HA IRISH PUB

123 Church St., Burlington, 802-640-

Designed using salvaged wood of a 19th-century Irish pub, the restaurant features live music on Thursdays and Saturdays, and Irish sessions on Sunday afternoon, 2:30- after 9 p.m. (see p. 72).

SECOND FLOOR

165 Church St., Burlington, 802-256-6

It's a spin hip-hop, reggae and pop at this nightclub. Sometimes classic rock bands play on Saturdays.

SPEAKING VOLUMES

373 Main St., Burlington, 248-8180

This used bookstore doesn't host regular jazz, but their infrequent shows are worth waiting for. They also sell records — yes, vinyl (see p. 68).

THE SKINNY PANCAKE

60 Lake St., Burlington, 802-614-

Check out the "Folk and Fossil" music series Thursday, Friday and Saturday nights. Cheese fondue is served at 6:30; music starts at 9 (see p.26, 64).

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get a free small popcorn

As a result, the following are the three phases of the system: (1) the system is designed to be able to handle the data and the data is stored in the database; (2) the system is designed to be able to handle the data and the data is stored in the database; (3) the system is designed to be able to handle the data and the data is stored in the database.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

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Mon-Wed 10-6pm, Thu-Sat 10-7, Sun 12-6pm

Abstract

NIGHTLIFE

HIGHER GROUND

Daring dancing music town needs a mezzanine venue. New York City has The Bowery Ballroom. Boston has Paradise Rock Club. And Burlington has Higher Ground. By spotlighting national acts on tour as well as front Montreal, Higher Ground boasts a constant presence of big names on the popular Ballroom stage, such as George Clinton, Wu Tang Clan and imported Fresh-scented solo projects. The adjacent Showcase Lounge features some of the hottest, upstart, cutting talent on the national scene, as well as regional and local favorites. Unfortunately you need wheels to get there.



Concert & Theater Venues

242 MAIN

242 Main St., Burlington, 802-824-4141

This all-ages, substance-free venue is the place to go for an introduction to Burlington's hardcore punk underground.

FLYNN CENTER/FLYNNSPACE

153 Main St., Burlington, 802-584-6446

The 1452-seat Flynn Center is the area's premier performing arts venue for world-class dance, theater and music acts. The state-of-the-art FlynnSpace next door hosts experimental and local shows (see p.44).

HIGHER GROUND

1214 Williston Rd., South
Burlington, 802-877-7373

Description above

MEMORIAL AUDITORIUM

250 Main St., Burlington, 802-684-4444

The acoustics suck, but it's the venue of choice for stadium-playing bands like The Tragically Hip, Red Hot Chili Peppers and 311. The Montreal Frostheaves play 9-to-11 here, too.

21+, L.O. Required

1/2 LOUNGE

124 Church St., Burlington, 802-681-1212

A good place to catch the small-time turnouts and unleashed at an intimate setting. Singer-songwriters play the cozy upstairs club once or twice a week.

36 MAIN STREET PUB

36 Main Street, Winooski, 802-887-7272

A mix of college students, local folk and townies frequent this relaxed sports bar that hosts occasional live music. Don't miss the creative weekly drink specials.

BACKSTAGE PUB

60 Pearl St., Essex Junction,
802-540-6444

Local bands even up the stage on Friday and Saturday. Sunday is karaoke night.

ESSEX

104 Main St., Burlington, 802-731-4141

Where owners and patrons coexist peacefully around Burlington's most secondarily placed pool table. Home of the PB Army.

FRANKY D'S

710 Essex City Park Rd., So.
Burlington, 802-555-0555

Pool tables, dart boards, Big Buck Hunter and TV screens abound at this lively local hangout. But if you go have a DD or cab fare handy (live music and karaoke on weekends).

JF'S PUB

130 Main St., Burlington, 802-686-6866

If it's crowded you look back no further. The classic VT dive serves up reasonable rock standards at least three nights a week. Accept no substitutes.

MORRIS'S PUB AND GRILL

10 E. Main Street, Winooski,
802-604-6646

Grab a beer and a seat outside to watch games, legally sanctioned Winooski a season of hockey. The weekly drink specials are crucial.

THE G.R.

4 N. Winooski Ave., 802-580-0333

The "Other Place" is the most eclectic armchair of Burlington's den. The wide variety of music on the floor — and the volume — is at the bartender's discretion. It's best not to quibble.



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- 91.1 WYBY St. Mary's student station
- 92.1 WYBY UVM student station
- 93.0 WYBY Triple X - Top 40/Classic
- 94.0 WYBY County
- 95.0 WYBY "The Buzz" - all rock
- 96.0 WYBY "MP 103" - whatever, whatever
- 97.0 WYBY "The Point" - classic rock/folk
- 98.0 WYBY "WOL 105" - rock
- 99.0 WYBY "The Reducer" - noncommercial community radio
- 100.0 WYBY "The World" - classic rock
- 101.0 WYBY Vermont Public Radio

TICK TICK

Screen print, espresso by day. Underground looking meows by night. In Burlington, Tick Tick is positively synonymous with cool. In the last year alone, the industrious crew of designers and audiophiles have provided more than 50 shows and are almost single-handedly responsible for upping the indie cred of the entire city. It's gotten to the point where the bands actually playing are predictably irrelevant. It's a place "Tick Tick Presents" on the poster—which are usually collector's items themselves—you know it's good.

Movie Theaters

ESSEX CINEMAS

21 Essex St., Burlington, 878-3234

Stadium seating, an arcade and a nearby sushi mall distinguish this multiplex moviehouse.

MAJESTIC 10

100 Bennett St., Whitehall, 878-5000

Large seats and stadium seating make this multiplex majestic.

MERRILL'S MOXY CINEMAS

222 College St., Burlington, 864-1111

Burlington's downtown movie theater shows indie flicks and mainstream fare. (see p.60)

PALACE 9

100 Soquet Rd., South Burlington, 864-1610

One of the most comfortable and affordable movie theaters around, the Palace offers up indie exploitation and some mainstream.

TRACKSIDE TAVERN

18 Mullerth St., Winooski, 865-5542

This traditional tavern—frequented by St. Mike's students—has a long wooden bar and a large outdoor deck. Each band plays Thursday through Saturday.

WHAT ARE YOU

122 St. Paul St., Burlington 862-1361

You'll come for the dollar drafts. However, the great atmosphere in its name should tell you all you need to know about this always crowded, tasteful bar. You've been warned.

← 21+, L.O. Required

RED SQUARE

108 Church St., Burlington, 855-8888

Red Square has a definitely hip vibe, amplified by the bands that play almost nightly inside and in the adjacent alleyway. Club hours after midnight, most nights.

RUBEN JAMES

120 Main St., Burlington, 864-0244

Sports bar by day, sweaty dance club by night. By the food, you'll be surprised. In a good way (see p.72).

THREE NEEDS

262 College St., Burlington, 855-8888

There's no live music, but the bar and breezy outdoor awesomeness only "Duff Hour" featuring dollar drafts during "Simpsons" season.

Looking for a crash course in local music?

We'll introduce you to some of our favorites at "What's Good? Burlington Band Showcase" at Nachts Club. Wednesday on Sept.18. For info, call www.davejays.com/bq.



JUNGLE JUICE

2004-2005

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2004-2005

Firing with another guy... cool

ART GALLERIES

FIND LOCAL ART GALLERIES BY CITY, ADDRESS OR
MAJOR GALLERY. VISIT WWW.BURLINGTONARTSOCIETY.ORG

You can't walk a block in this town without bumping into somebody's original art — nearly every store and cafe has some on display. Here's a list of art-only destinations.

215 COLLEGE STREET ARTISTS' COOPERATIVE

215 College St.,
Burlington, 802-3662
This working urban art studio is open only on the weekends, or by appointment.

ARTPATH GALLERY

1 Steele St., Burlington, 802-2573
It's a hallway where they hang artwork. The building's cool, though.

RYAN CENTER'S

AMY E. TARRANT GALLERY
132 Main St., Burlington, 802-4900
Peek in the plate glass windows on Main Street to see if you're interested in the latest show.

RYANWOOD

200 Flynn Ave., Burlington, 802-2327
This funky South End art space on Flynn Avenue has nothing to do with the Flynn Center.

FRIG HOLLOW VERMONT STATE CRAFT CENTER

85 Church St., Burlington, 802-6458
They sell lots of local art and crafts at this Church Street boutique.

MURCHISON SLOANOFF GALLERY

68 Lake St., Shelburne, 802-3848
They also do framing and restore too at this fine art gallery.

METROPOLITAN GALLERY, BURLINGTON CITY HALL

140 Church St., Burlington, 802-7462
This is a gallery at Burlington City Hall. Even the green mantles are art here.

PINE STREET ART WORKS

404 Pine St., Burlington, 802-8180
They show and sell contemporary art, furniture and vintage accessories in the colorful building next to Spaulding's. Caffe coffee shop.

PURSUIT GALLERY

1 Steele St., Burlington, 802-3662
Description below.

ROSE STREET ARTISTS' CO-OP

76 Rose St., Burlington, 802-6344
Co-op residents curate this community gallery in the Old North End.

SANCTUARY ARTSITE

47 Maple St., Burlington, 804-3444
This sixteen-foot square art space is housed at Jeter O'Phelia Pump HQ. They don't have regular exhibits, but if this Green-cool design firm is showcasing something it's worth seeing. See p. 103.

SHELBURNE ART CENTER

54 Falls Rd., Shelburne, 802-3646
Take a class in stained glass or "fiber and surface design" at this gallery right on Route 7.

SHELBURNE MUSEUM

5555 Shelburne Rd.,
Shelburne, 802-3346
\$13 for students, \$18 for adults, half price for Vermonters. Vermont's famous folk art museum has 20 exhibition buildings, including a fully restored 200-year-old wheel-powered steamboat that once plied the waters of Lake Champlain. See p. 60.

UNION STATION

1 Main St., Burlington, 804-6537
The coolest thing about the former bus station is the weird murals on the roof. Yes, weird murals. It's home to the Arts Alive Gallery too.

WCM STUDIO

268 Flynn Ave., Burlington, 802-6862
They hang all sorts of eclectic art at this public access cable studio.

PURSUIT GALLERY

1 Steele St., Burlington, 802-3662
Looking for slacker and graffiti art? Find it at Pursuit. This wedge-shaped gallery on the Burlington Bike Path is home to Green Spaces, a multimedia design agency that specializes in youth culture. Designer Seth Henry (Spokane) and photographer Sage Chalmers (Vt.) worked with Rustie Spierkowski (Calif.), Red Bull and Ansel. They showcase work by urban artists you wouldn't expect to see in the Green Mountain State. And their art openings are just an excuse to hold a party.

FIREHOUSE GALLERY

125 Church St., Burlington, 802-7142
This once brick building used to be a fire station. Now it houses photography classes and contemporary art exhibits. See p. 40.

FLAMING MUSEUM, UVM

61 Colchester Ave.,
Burlington, 802-6760
Free for students from UVM, Burlington College, Champlain, COV and St. Michael's. \$5 for everybody else. The permanent collection contains more than 20,000 art objects.

GREEN DOOR STUDIO

18 Howard St., Burlington, 804-1124
This is a working studio, not a gallery, but we recommend seeing their special events, including the annual Halloween party. See p. 111.

KASINI HOUSE

64 North St., Burlington, 264-4620
Out of state and Vermont art sets exhibit in this Old North End storefront space, and the owners help organize Burlington's First Friday Art Walk.

A VISITOR'S GUIDE TO VERMONT



BURLINGTON'S SOUTH END

Pine Street art scene

Pine Street traffic

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354 Church St.,
Burlington 802-366-0000

PEACE & JUSTICE STORE

21 Church St. (downward),
Burlington 802-833-0333 (see p.36)

PHOENIX BOOKS

214 Essex Hwy. Essex
Junction, 802-711-1111

SPEAKING VOLUMES

171 Pine St., Burlington
540-0167 (see p.36)

Clothing & Accessories

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73 Church St. (upward),
Burlington 802-217-0141

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Fax: 827-0000 802-2653

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Burlington 802-223-0000

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802-240-2111

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802-223-0000

HIMPEST

137 St. Paul St.,
Burlington 802-444-8000

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Burlington Town Center,
Burlington 802-217-0141

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2121 Essex Rd. (Wilton)
(Toll Center) 879-6640

MARIN

351 Cherry St., Burlington
802-250-0000



Photo by Kristin G. Smith

BATTERY STREET JEANS EXCHANGE

Don't be fooled by the name — this used clothing boutique is at the corner of Pine Street and Marble Avenue. It moved from its original location on Beckett, and doesn't own the only thing in stock. Need a vintage jean or a T-shirt to complete your Halloween costume? This is a good place to look. They've got belts and bags, too.

MI BASS

32-142 Church St.,
Burlington 802-282-0000

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75 Church St., Burlington 802-407-0141

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S. Burlington 802-261-0141

THE SHOE SHOP

38 Church St., Burlington
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STATUS

38 Church St., Burlington
651-0253

STEEL

104 Church St., Burlington
802-219-0000 (see p.36)

STELLA

96 Church St., Burlington
804-2800

SWEET LADY LANE

40 Church St., Burlington
804-2784

TOOTSIES

160 College St.
Burlington 802-500-0000

TRIBECA

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Burlington 804-2784

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Burlington, 847-1400

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page



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☛ Whenever I come back to my dorm room with a lady friend, my roommate is always there. Even worse, he doesn't get the hint to get out so I can get off. What should I do?

—Bunks-a-rockin' in Bunkus Hall

☛ You're not in high school anymore. It's time for you to have an adult conversation with your roommate about these adult matters. You can't expect him to leave whenever you get the urge to merge, so ask him what type of arrangement would work for him. Communicate with one another about your schedules for the week. When he's planning to study at the library, you can plan a private tutoring session with your lady friend.

☛ Is it cool for me to masturbate in my dorm room if my roommate is sleeping?

—The Living and Learning Lane Ranger

☛ No. That's what the shower is for.

☛ My housemate's girlfriend is loud when they fool around in his room. Either he's the best she's ever had or she's trying to make the deal — and I'm not going with the former. How do I get her to quiet down?

—Car-crashed in Essex

☛ You don't get her to do anything. Have a talk with your housemate and let him know that her Oscar-winning performances aren't winning you over. Suggest he either ask her to keep it down or pick a time when you're out of the house to make her scream. And, hey, you never know — maybe he is the best she's ever had, and you should be asking him for some pointers.

☛ My roommate consistently leaves her vibrator out in plain sight. Gross! What can I do?

—All Shook Up in Sichel Hall

☛ I hope you're saying "Gross!" about the toy being left out and not about the toy itself. Sex toys are a healthy, fun and safe way to explore your sexuality.

That said, some people never learned how to pick up their toys. Tell your roommate that you're glad she knows how to get herself off, but that you don't need to know how she does it. Perhaps she's never had to share space before, and doesn't realize that you don't share everything. Be nice when you talk to her; there are far worse things she could have been lying around. —>

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Q: Since starting college, I've been introduced to the wonderful world of one-night stands (or ONS, as I like to call them). The problem is, one girl I slept with didn't realize it was only a one-night thing. Now she's texting me and showing up at the same parties as me. I don't want to hurt her feelings, but I don't want to date her, either. Any advice?

— **One Night Only on North Union Street**

A: First and foremost, you'd better be using protection — the "wonderful world of ONS" also contains sexually transmitted infections and unwanted pregnancies. And, remember, the pill protects her from getting pregnant, but doesn't prevent your johnson from getting gaping sores! Use a condom.

Whether you like it or not, you're growing up, and dealing with the consequences of having sex comes along with the territory. Ask her to sit down with you for a chat. Let her know that you should have been more honest about your intentions. Tell her that you're not in a position to date anyone and that you would appreciate it if she stopped texting you. Her feelings will be hurt, but it's all part of ONS.

And in the future, have this discussion before you have sex. It might ruin the mood, but at least your integrity will be intact.



GOT A QUESTION FOR MAEVE?

Email her at maeve@seven-days.net.
 Maevae Maeve responds to readers every Wednesday in Section B of **SEVEN DAYS**.
 Get your daily dose on her blog at seven-days.net.

Q: When I got to the dorms, I was appalled by the small size of the stand-up showers. Any tips for shaving my bikini line (and more) in such a small space?

— **Razor Burned in Redstone**

A: One word for you: waxing. Dorm showers are too small for shaving your waxes-wax.

Q: My girlfriend doesn't like to swallow. Any tips?

— **Spinner Place Straight Shooter**

A: Here's a tip: Don't come in her mouth. Not every girl likes to get her prostate from her boyfriend. Respect her wishes and find someplace else to spill your seed — ask

her if she'd be willing to accept it on her chest, face or rear.

Q: Since I got to college, I've been wondering if I might be a lesbian. I've had boyfriends, but I seem to have a little crush on my female roommates. Can you help me? I'm not sure where to begin, and I'm scared to tell my friends or family.

— **Curious Questioner in Colchester**

A: It's perfectly normal to question your sexuality and you're likely to find many resources right on campus to help you. Try looking up your school's GLBTQ group (those gay, straight, bisexual, transgender and questioning). If you'd prefer to seek support off campus, visit the RU12? Community Center in Burlington (www.ru12.org). Or, if you're 22-years-old or under, you can find support through Outright Vermont (www.outrightvt.org).

Remember, you don't have to be in a rush to label yourself or come out to friends and family. Take your time, develop a community of supportive friends and enjoy the exploratory time in your life. Whether you wind up gay, bisexual, straight or none of the above, you have the right to be exactly who you are.

One last thing: I don't care if you're gay or straight — but be careful about crushing on your roommate. Some relationships are better kept platonic. **—M**

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